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Mental health meets history

THERAPEUTICS

New model for youth seeks to address their past trauma

Jeremy Simes
For Metro | Calgary

A new youth mental-health model aims to help Alberta kids better cope with trauma so they don't wind up in the justice system later in life, according to a Calgary doctor.

New government funding has meant the Neurosequential Model of Therapeutics (NMT) is being implemented by service providers, child intervention and agency staff, foster parents and kinship caregivers across the province, as part of Human Services' Foundations of Caregiver Support model.

NMT, which was piloted by Hull Services in Calgary, lets caregivers better understand how past trauma may have affected children's development, therefore creating tailored intervention to meet children's unique developments.

Prior to NMT, some caregivers would treat children solely based on patching up problems rather than understanding their history.

Hull Service's Dr. Emily Wang, who's spearheading the provincial implementation of NMT, said the model is preventative: Kids learn themselves how to better manage their mental health.

"Instead of focusing so much on their behaviours that often bring them into our care, we focus on more of their developmental history and work with them individually," she said. "The kids then have more capacity to regulate."

Wang said many of the kids experience trans-generational trauma, where parents' pass on the trauma they endured as youth to their children.

Teen comes back from brink page 6

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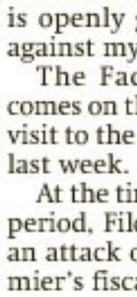
POLITICS

Fildebrandt suspension highlights party issues: Experts



Jeremy Simes
For Metro | Calgary

Poor political opposition and lake-of-fire flashbacks created a sour combo that caused the suspension of Wildroser Derek Fildebrandt, according to political scientists.

Late Friday, Wildrose leader Brian Jean issued a short news release saying Fildebrandt, the Wildrose's finance critic, had been suspended from caucus for replying to a seemingly homophobic comment about Ontario Premier Kathleen Wynne.

The comment, posted by one of Fildebrandt's supporters, congratulated the MLA for "the truth about Mr. Wynne or whatever the hell she identifies as." Fildebrandt replied: "Proud to have constituents like you," later insisting he had misread the post and said the insult against Wynne, who is openly gay, was "entirely against my views."

The Facebook comment comes on the heels of Wynne's visit to the Alberta Legislature last week.

At the time during question period, Fildebrandt launched an attack on the Ontario premier's fiscal management.

Wildrose Finance Critic Derek Fildebrandt was suspended for a social media post on Friday by Official Opposition Leader Brian Jean. THE CANADIAN PRESS

Melanee Thomas, political scientist and professor at the University of Calgary, said Fildebrandt's suspension should be a wake-up call as the party hasn't been an effective opposition in the legislature.

"This is what it looks like when (the Wildrose) doesn't do their job and loads up on the social conservative side of that party," she said.

Along with criticizing the government, the Official Opposition should also suggest policy alternatives, according to the Legislative Assembly of Alberta.

Thomas said the Wildrose hasn't been too keen on suggesting policy alternatives, even though there's much debate to be had on the NDP's new carbon levy legislation.

"If the Official Opposition is not doing their job, they need to be called out — that's their role and they're accountable to the electorate," she said. "This kind of legislation is a big policy shift and there are things to actually debate in that, and the Official Opposition is just literally not doing its job on this file."

Duane Bratt, political scientist and professor at Mount Royal University, said the Wildrose has been effective on farm safety legislation and, in part, critiquing the budget. But that's about it, he added.

"They're campaigning on getting rid of tax," he said. "But what are we going to replace it with?"

Wynne said she accepted Fildebrandt's apology during a convention in Winnipeg on Saturday.

Bratt said Fildebrandt's suspension may have also been a result of the Wildrose's not-so-gay-friendly history, when in 2012 former Wildrose candidate Allan Hunsperger said of gay people, "You will suffer the rest of eternity in the lake of fire, hell."

"Any association with homophobia, the party needs to crack-down on," Bratt said.

"It was what occurred in question period … then you combine that with the Facebook post. Fildebrandt's been in trouble before and this seemed like the last straw."

WITH FILES FROM THE CANADIAN PRESS

WHAT HAS THE PARTY PROPOSED?

Environment

No alternative — The government plans to enact a carbon levy that would cost a family about $105 per year with available rebates, the NDP says.

The NDP hopes to reduce emissions with the plan by investing levy dollars into greener energy projects.

The Wildrose has said it would scrap the levy and do an economic analysis, but hasn't offered an alternative policy to combat climate change.

Budget

Some alternatives/No shadow budget — Prior to the NDP's $10.4 billion-deficit budget — which primarily increases and maintains spending in most departments — the Wildrose released its Jobs Action Plan, which mainly called for lower small business taxes by one per cent and the reduction of Workers Compensation Board payments by 50 per cent.

It also plans to reduce travel by 50 per cent. However, no shadow budget was made as an alternative to balance the books.

Taxes

No clear alternative policy — The NDP has hiked the corporate tax to 12 per cent from 10 per cent last year. The government has also created a bracketed tax system, where earners making more than $300,000 pay 15 per cent while people generating $125,000 or less pay 10 per cent.

The Wildrose has said it will cut taxes generally, but by how much? That hasn't been detailed regarding personal and corporate taxes.

TUSCANY

Community rallies around injured girl

Brodie Thomas
Metro | Calgary

A northwest community is rallying behind the family of a young girl seriously hurt in her driveway on Thursday afternoon.

The seven-year-old was sent to hospital in critical condition after her father backed over her in the family's driveway, in the 200 block of Tuscany Glen Park NW according to CPS.

Calgarians have contributed over $50,000 to a GoFundMe campaign to support the family while they deal with the tragedy.

People in Tuscany are tying light-blue ribbons around trees, traffic sign poles, and fences throughout the community as a show of solidarity to the family. They are also leaving porch lights on through the night.

Neighbours said the light blue colour was the young girl's favourite colour.

Around the scene of the accident, children drew hearts and messages of support with sidewalk chalk.

Kelli Taylor, president of the Tuscany Community Association, said she was overwhelmed when she saw how many ribbons have gone up.

"As residents, sometimes we feel helpless in these situations," said Taylor. "Is it going to make a difference to do some of these things? Well — maybe it makes some of us feel better."

According to the GoFundMe page, the girl's father is self-employed and there are four siblings ranging in age from a baby to a teen.

"We hope by raising enough funds for this family we can enable them to focus solely on getting their family through this crisis," reads the appeal on the GoFundMe page.

Speaking on Sunday, neighbours told Metro that the girl's condition has not changed since she first arrived in hospital.

Police said alcohol and speed were not considered factors in the incident but they were continuing to investigate.

$50,000

The amount raised so far via a GoFundMe campaign.

Residents in Tuscany are tying light-blue ribbons to trees and light poles as a show of support for the family of a seven-year-old girl who was unintentionally run over by her father in their driveway. BRODIE THOMAS/METRO

Assisted dying bill 'unconstitutional'

UNIVERSITY OF CALGARY

Experts hold forum over physician-assisted death

Jeremy Simes
For Metro | Calgary

If necessary, the federal government should go past its deadline to fix its doctor-assisted death legislation because it provides less access to dying than current provisions in place, according to academics.

On Sunday, medical and ethical experts held a forum at the University of Calgary to discuss the federal government's doctor-assisted dying legislation as part of the university's Congress 2016 event.

Jocelyn Downie, professor in the faculties of law and medicine at Dalhousie University, said if the government can't fix the bill by its deadline — June 6 — then the Liberals should go past the deadline to get it right, which they are able to do.

"This bill is unconstitutional," Downie said. "The most important thing to make it constitutional is take out provisions with incurable and reasonably foreseeable — they're just unworkable.

> **The most important thing ... is take out provisions with incurable and reasonably foreseeable — they're just unworkable.**
> Jocelyn Downie

Dalhousie University professor Jocelyn Downie says the government should fix its doctor-assisted death legislation. JEREMY SIMES/FOR METRO

Legal experts and civil liberties advocates have maintained the assisted-dying legislation doesn't comply with the court ruling or the Charter of Rights and Freedoms as it limits the right-to-die to those whose death is reasonably foreseeable and suffering intolerably.

Mary Valentich, a social work professor at the University of Calgary, said the current provisions — set out through the Carter challenge — has broader provisions than what the proposed legislation offers.

"They did not exclude people with mental illness and mature minors," she said.

Valentich also helped Calgarian Hanne Schafer access a doctor-assisted death in Vancouver, as there were no doctors in Alberta at the time to offer the service.

Though there were no physicians offering the service in the province, Alberta Health has said there is at least one doctor in each provincial health zone willing to offer a physician-assisted death.

"If we just revert to the Carter decision, it'd be two physicians making an informed assessment," Valentich said. "We're not going to be in real trouble if (the legislation) doesn't go through."

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Breaking through addiction

MENTAL HEALTH

Provincial services have helped teen in her recovery

Jeremy Simes
For Metro | Calgary

Sakura Nakamura, 18, has been recovering from her addiction for about a year and has made much headway due to new mental health treatment methods. JENNIFER FRIESEN/FOR METRO

Sakura Nakamura had to hit her breaking point before beginning her road to recovery.

Nakamura, who's been recovering from addictions and past trauma, learned much about self-regulating during her treatment at Hull Services, where doctors were first to use Neurosequential Model of Therapeutics (NMT).

NMT, which the government has begun rolling out provincially, lets caregivers better understand how past trauma may have affected children's development, therefore creating tailored intervention to meet youth's unique developments.

About a year later, Nakamura, 18, said she was using a lot of prescription medication, falling into what she describes as a hole.

"I became so dependent and would take anything that was in front of my face," she said. "I was never able to sleep and it wore down on me and my mental health.

"I was so empty and I hit my breaking point. I couldn't stand it anymore."

She said she decided to attend Hull Services — she became determined to beat her addiction.

"It was something I really, really wanted," Nakamura said. "There were a couple hiccups when I got out, but you can't let that deter you from wanting to reach your goal, so I just kept on going because I didn't like how it felt."

She has been clean for about one year now, she said, adding her mental health has slowly begun to improve.

"For a second I thought jail would be good for me," Nakamura said. "After I watched Wentworth (a television show about women in prison) I realized I didn't want to be that junkie that needed to sell drugs to get by."

Nakamura said doctors at Hull learned about her past to better understand who she is, therefore understanding her brain function to know which coping mechanisms work best.

"I know I can't exactly help myself, by myself all the time," she said. "But that also helps me when I go back. Talking helps.

"I'm here now," she added. "I have to refocus on my goals and that will help me get back where I need to go."

EXTREME SPORTS

New rules for backyard skate ramps going before council

Brodie Thomas
Metro | Calgary

The city may be close to relaxing its rules on backyard skateboard ramps, and the councillor who brought the motion forward couldn't be happier.

Coun. Evan Woolley made a notice of motion last June, asking the city to re-examine its policy around skate ramps.

"It was brought in at a time when skateboarding was a counter-cultural sport, but now it's a massively normative sport," said Woolley.

He said moms and dads have built ramps in their garages for kids, and they want to be able to use them.

In a report going before the city's Standing Policy Committee on Community and Protective Services, administration is recommending a ramp size limit of 1.5 metres tall by 5 metres wide by 6 metres long.

Sports ramps within this size could be exempt from requiring development permits, if the recommendations are accepted.

Calgary skateboarders may soon be able to shred in their own back yards. City administration is recommending new, less-stringent rules about building skateboard ramps. METRO FILE

The most common complaint around skateboard ramps is noise — but Woolley said as part of the study, technicians were brought in to measure noise levels. He said they found it was within allowable sound limits.

According to the report, citizens who were consulted did worry about noise levels at night, but Woolley said that's already covered under the community standards bylaw.

"That regulates sound and noise, just like any kid jumping on a trampoline or playing basketball," he said.

The committee will review administration's report on Wednesday. If it passes muster there it will go on to council for final approval in coming weeks.

> **(The policy) was brought in at a time when skateboarding was a counter-cultural sport.** Coun. Woolley

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RUN, CALGARY, RUN

The swift and sure-footed turn out for the Calgary Marathon in droves

Aaron Chatha
Metro | Calgary

More than 20,000 soles are burning a bit hotter after the 52nd annual Calgary Marathon on Sunday.

That's 10,000 runners who, together, raised more than $750,000 for local charities.

First place for the full marathon was won by Jonathan Kipchirchir Chesoo from Kenya, while Alberta's Andrea Glover won the women's event.

While the weather reached a high of 18 degrees, it was quite a bit hotter for Noel Darcy, who ran the marathon in full firefighter's gear, raising money for muscular dystrophy.

While the professional runners aimed to break records, individual Calgarians were winning personal victories, left, right and centre.

"I did it two years ago, and absolutely failed it, so this year I redeemed myself," said runner Arlo Sutherland with a beaming smile.

"I'm really proud of him, he did really good," said Sutherland's girlfriend Meghan Wood, who also ran the marathon, a bit faster than her counterpart, while persevering through an ACL injury.

Runners take off from Stampede Park, for 5K, 10K, 21K, 42K and the Ultra 50K marathon. ALL IMAGES AARON CHATHA / METROPS

BY THE NUMBERS

>800

people completed the full Calgary Marathon. That's a distance of:

42.2 km

Altogether, they burned

2,257,600

calories.

That's the equivalent of

4,341 Big Macs

or

25,366 bananas

(Mmm, potassium).

The real winners

Aaron Chatha
Metro | Calgary

Malak Alkadri: Half Marathon

"I have the goal to achieve the 50K Ultra. So I started with the 5K two years ago, then the 10K. This is 21K. Hopefully next year's the 42K and then moving on to the 50K.

"Honestly, I didn't even train. A month prior to it, I felt like I had the endurance, and it would be fine. I feel good right now, but I definitely suggest others don't underestimate it. Train well."

Kaella and London Carr: Full Marathon and Kids Marathon

"It was fun to cross the finish line with him. This is actually his third race. He's 3, but he loves to run and race. I like encouraging him to do it.

"He only had two walk breaks – I'm really proud. It's even better than meeting my goals, being able to do something with him and just see how proud he is of himself. It's absolutely amazing."

Nathan Paisley: Full Marathon

"The first 10K were rough, but it turned into a really nice day. I didn't actually do that much training.

"I did a lot of stretching and I went for a bike ride about two days ago. That was it.

"I've got an uncle who does triathlons. He got me into it. It's turning into a passion."

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Circus to put on last studio show

PERFORMANCE

Owner says the company will be focusing more on classes

Aaron Chatha
Metro | Calgary

After six years, Cary Lam will direct the last Calgary Circus Studio Show.

Luckily, the milestone isn't quite the tombstone it seems to be.

"We're not closing," laughed Lam.

"We just want to focus more on our classes."

Lam said, given the current economic climate in Calgary and with low participation rates in the shows, they've decided they've only one more performance in them — but it will certainly be something special.

The circus meets the modeling world, as performers will have the chance to dazzle audiences with the glitz and glamour of their outfits.

They'll end their catwalk strut with a powerful move — something unique that each performer has been perfecting for three or four months. Teachers will be taking part as well.

Student Vienne Wong will be adding a little extra flair to her piece, by singing before she performs an aerial J-roll.

> **Anybody who had a dream of wanting to run away to the circus had the opportunity to come here and learn.** Cary Lam

Wong said she began taking classes at the studio after hearing about it offhand, and once she started, she found she had a real passion for it.

The more work she put in, the more rewarding each and every class, and new move, became.

"It's very empowering, very liberating," she explained.

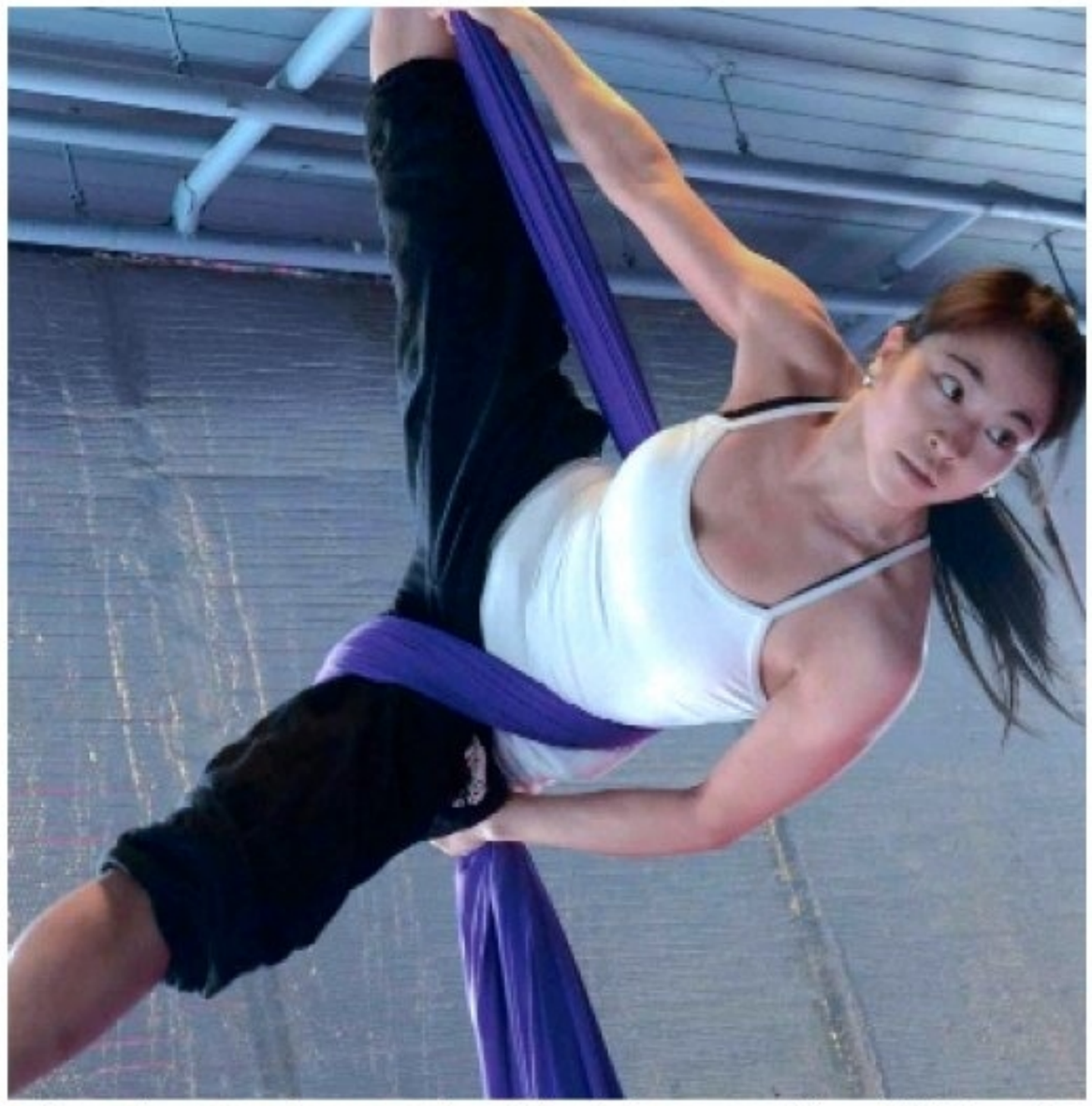
"It's just really beautiful being up in the air. I was never a climber when I was a kid, so it was nice to find the studio."

While the show may be the last,

Lam said studio classes have been growing.

"Anybody who had a dream of wanting to run away to the circus had the opportunity to come here and learn," she said.

The show takes place on June 5 at 12 p.m. For more information, visit calgarycircusstudio.com.



Performer Vienne Wong demonstrates her aerial acrobatics — suspended on silk high above the ground. AARON CHATHA/METRO

DRUG

Doctor warns of W-18 misconceptions

Kevin Maimann
Metro | Edmonton

A public-health doctor in Edmonton says many fears and assumptions around the drug W-18 are misplaced.

Police and health officials have said W-18 is 100 times as toxic as fentanyl and 10,000 times as toxic as morphine, but Dr. Hakique Virani says those numbers are based on unreliable tests done on mice in the 1980s — when the drug was developed and patented by a University of Alberta researcher.

"The assumptions were, unfortunately, I think, overblown," Virani said.

W-18 has also been widely labelled a synthetic opioid, though new research at the University of North Carolina suggests the drug does not, in fact, behave as an opioid.

"That doesn't mean that W-18 isn't toxic to human cells; that doesn't mean W-18 can't cause or contribute to an overdose," Virani said.

"But the conclusion that W-18 is the king of all opioids is a faulty one to make and might have some real downside when it's communicated to public in that fashion."

Fentanyl pills may now be laced with a new street drug known as W-18. However a doctor is urging against misinformation about the drug. THE CANADIAN PRESS FILE

Performer Jake Vance said he mostly strings together words that sound nice. AARON CHATHA/METRO

Songwriters share craft

LOCAL COMPETITION

Musicians in song contest reveal how they create

Aaron Chatha
Metro | Calgary

When performing at the Ship and Anchor bar, Calgary musician Sean Hamilton prefers his songs be about the Ship and Anchor bar.

Even if that song is heartbreaking.

"I fell absolutely head-over-heels for a somebody that works here," he said. "It's always sweet to have something you can never taste, like wanting something you can't have, and that's what the waitress is."

Although his forlorn love didn't quite pan out, Hamilton turned the experience into a song, which he then presented with his bandmates for the annual Ship and Anchor Songwriting Contest.

By the way, his band is called the Harshmellows, but they change titles so often it will likely be something new before this article is printed.

Hamilton likes to keep a good sense of humour towards life and work.

He also believes conflict is central to writing a good song.

"In this day and age where anyone can record a song and put it up on the Internet, to connect to someone, you need to be real," he said.

"People can smell bulls—t pretty fast."

It's one way to write song.

Another way is the Jake Vance method.

"I have about 200 notes of random lyrics I think of. Then I figure out a title and match words to that title to make a song," explained Vance. "Like a jigsaw puzzle."

Vance, who's following in the footsteps of his musician father, said for his contest entry The Poet, he just put together a collection of words that sounded nice together.

Justine Vandergrift said it's just important the song means something to you.

> **To connect to someone, you need to be real.**
> Sean Hamilton

Her entry was about a very rough year she had, and turned into a "self lullaby" to reassure herself that her hardship would pass.

Hamilton, who has been competing in the competition for seven years, said the goal is mostly to see how your song stacks against your peers, in an important Calgary venue.

"Playing in the Ship and Anchor — this place is going to be here long after I die, so it's an honour to have songs about being here and the people here."

PERSONAL DEBT

City plans to regulate payday loan shops

Brodie Thomas
Metro | Calgary

A city task force looking at the payday loan industry is suggesting the businesses need to offer credit counselling advice to would-be customers.

It's just one of many recommendations going to council committee on Wednesday.

The task force, struck at the municipal level, could craft an additional layer of regulations for the lending businesses, which have already come under scrutiny at the provincial level.

The city previously passed a bylaw prohibiting "clustering" of the businesses. A new payday loan office cannot open within 400 metres of an existing one.

The task force wants to see city regulations requiring payday lenders to post information about money management support and debt counselling on their doors.

Staff at payday loan services would be required to explain credit-counselling services to any would-be customers, in case they missed the posted messages on their way in.

Administration is suggesting the rules be implemented on Oct. 1, which would allow time for businesses to be brought up to speed on any new rules.

Coun. Richard Pootmans said he'll be supporting the recommendation in the report.

"I like that the task force recommended providing information — and providing a bit of an insight for people who are falling into the payday loan downward spiral," he said.

The province is preparing a bill that would give Albertans more time to pay back loans in instalments. It is also in talks with credit unions to offer fair and accessible short-term loans.

Native artifacts to go home: Bill

HERITAGE

Objects may be returned to indigenous communities

Alex Boyd
Metro | Edmonton

A new bill introduced by the provincial government to return ceremonial objects to indigenous communities has left at least one advocate with some major questions.

The government said Bill 22, called An Act to Provide for the Repatriation of Indigenous Peoples' Sacred Ceremonial Objects, will ensure that indigenous groups are able to reclaim the sacred objects that currently sit in provincial collections.

In a release Thursday the government announced they'd begun conversations about the new bill with communities across the province and will be continuing engagement through the summer.

A new bill could see some of the ceremonial objects currently in the Royal Alberta Museum's collection returned to indigenous groups. KEVIN TUONG/FOR METRO

But Miranda Jimmy, co-founder of RISE, or Reconciliation in Solidarity Edmonton, said that while it's a start, doing this right will take more than public consultation.

"I'm concerned that they're rushing through it to get it done and not thinking about the complex questions that need to be answered," she said.

> "I'm concerned that they're rushing through it to get it done and not thinking about the complex questions that need to be answered." Miranda Jimmy

"It's not just a matter of giving things back, it's doing it in a respectful way that's going to be inclusive."

For starters, she points out that many of the ceremonial objects currently sitting in institutions like the Glenbow and Royal Alberta Museum aren't originally from Alberta, and will therefore fall outside the scope of a provincial law.

There are also complex questions about who owns the objects.

"Are you going by blood lineage? Are you going by community standing? Are you going by recognition in the community of an elder who should be in charge of these items? There are all these questions and none of them are straightforward," Jimmy said.

The new bill follows the First Nations Sacred Ceremonial Objects Repatriation Act (FNSCORA), which came into effect in 2000 and was the first of its kind in Canada.

But a 2013 review of current statutes revealed that section 2 hadn't been proclaimed.

Furthermore, Jimmy said that most of the objects repatriated under the previous law went to Alberta Blackfoot First Nations, and adds the new law will be more inclusive of other groups.

In a release, Minister of Culture and Tourism Ricardo Miranda said that "in introducing this bill, we are signalling our government's commitment to continue to engage and work with First Nations and Métis leaders as partners to ensure that sacred ceremonial objects currently held in provincial collections are returned."

Expert says to look for rising rates

Return to FORT MAC

Meanwhile, insurer says increase won't happen

Kevin Maimann
Metro | Edmonton

Record-breaking insurance payouts after the Fort McMurray wildfire could lead to higher premiums according to one expert, but the province's largest insurer insists it has no plans to raise rates.

Anne Marie Thomas, an insurance expert with InsuranceHotline.com, said companies should have no problem paying out policy holders but will likely face higher premiums from the re-insurance companies that protect them from large-scale losses.

"That, the majority of the time, gets passed along to the policy holder, being folks like you and me," Thomas said.

Rates could go up across Canada as a result, and new limits might be placed on certain types of coverage.

For example, she said, after floods devastated some Alberta communities several years ago, many insurance companies increased the premiums for water damage coverage or limited the amount that they would pay out in future.

With tens of thousands of residents being displaced by the Fort McMurray blaze for almost an entire month, Thomas says there could be changes made to additional living expenses in future policies.

Rosa Nelson, vice president of sales and business development with Intact – Alberta's largest insurer – said the company is looking at a net loss of $130 million to $160 million after tax, including reinstatement premiums.

Intact subsidiaries insure about 3,300 customers in Fort McMurray, but Nelson said customers should not worry about their rates going up.

"Events like that make us look at the product, but we don't go and then carte blanche raise rates for everybody across the province," she said.

"We wouldn't raise premiums as a result of this."

The Fort McMurray fire could result in a total insurance payout between $2.6 billion and $9 billion, according to a report released earlier this month by BMO Capital Markets, which would be far-and-away a Canadian record.

$742M

Current highest payout as a result of the Slave Lake wildfires.

The current highest payout was $742 million as a result of the 2011 Slave Lake wildfires, after which insurers took years to settle all their claims.

Nelson said Intact did not raise deductibles or premiums as a reaction to the Slave Lake blaze.

The company did, however, start working more closely with government on how and where communities are rebuilt, as well as what kinds of materials are used to build new homes.

"We've got some smart people who are able to ensure that we can cover events like this and it doesn't impact our financial stability," Nelson said.

"We are really trying to say, 'OK, as we get this knowledge from these kind of events, how do we then move forward to help customers protect these assets?'"

Insurance companies and policy holders brace for the fallout of the Fort McMurray wildfire. JONATHAN HAYWARD/ASSOCIATED PRESS

POLICE SEARCH SUBARU DRIVER MAY HAVE SEEN CRASH Okotoks RCMP are looking for the driver of what they believe is a sliver Subaru Impreza, who may have witnessed a collision near Okotoks on Saturday.

Police attended a collision between a motorcycle and a SUV at approximately 1:35 p.m. on Highway 2, just north of the Okotoks overpass.

RCMP have obtained video of the crash and believe the occupants of a sliver Subaru Impreza may have information in relation to this collision. If you have information about this collision, the Okotoks RCMP ask that you call (403) 995-6400. COURTESY OKOTOKS RCMP

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Convention a gag and more

POLITICS

Former Liberal leader Bob Rae apologizes for his 'joke'

Prime Minister Justin Trudeau offered rare praise Saturday for Conservative predecessor Stephen Harper, but at least one Liberal elder statesman found it a bit hard to swallow.

Bob Rae was caught on video sticking two fingers in his mouth, pretending to gag. The former interim Liberal leader later refused to comment on his gesture, which was caught on video by a reporter for The Canadian Press. However later he posted an apology on Twitter calling it "a joke in poor taste that I regret very much."

The video, posted on Twitter, quickly made the rounds at the Liberal national convention, provoking both hilarity and consternation. Rae's gag reflex was stimulated during a speech by Trudeau to the convention, the first such gathering since the Liberals defeated Harper's Conservatives in last fall's election.

After taking a few pokes at the Tories, who were simultaneously holding their own convention in Vancouver, Trudeau turned serious.

"We need to remember that even though they may be our opponents, they're not our enemies. They're our neighbours and our friends," he said."So, I want to take a moment. You see, there are only a handful of people alive who know what it's like to do this job … And I can tell you, even if you weren't a fan of his politics, there can be no doubting Stephen Harper's commitment to our country."

Trudeau asked Liberals to join him in thanking Harper, who has let it be known he will retire from politics over the summer, for "his many years of public service."

Trudeau was not all sweetness and light when it came to the Conservatives, however.

He also noted that the Tories had been debating at their convention whether to delete the party's policy on marriage being the union between one man and one woman.

"Among other things, they're debating the merits of marriage equality. In 2016. More than a decade after we made same-sex marriage legal in Canada," Trudeau said to gales of laughter.

The Conservatives voted Saturday to drop the sections of its policy opposing same-sex marriage. THE CANADIAN PRESS

Bob Rae makes a gag motion at praise for Stephen Harper. THE CANADIAN PRESS

PM Justin Trudeau holds six-month-old Finn Lipka at the 2016 Liberal Biennial Convention in Winnipeg

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Saturday. JOHN WOODS/THE CANADIAN PRESS

TRIAL

Verdict expected soon for Canadian in U.A.E.

A verdict is expected this week for a Canadian imprisoned in the United Arab Emirates for nearly two years in what his family and human-rights advocates have called an unjust case.

Salim Alaradi had originally been on trial for terrorism charges which were abruptly dropped in March and replaced with two lesser offences.

The man's oldest daughter says she hopes her father will be declared innocent on Monday and released from prison as he's done nothing wrong.

Alaradi immigrated to Canada in 1998 from the U.A.E. but returned there in 2007 to run a home appliance business. He was on vacation with his family in Dubai when he was suddenly arrested in August 2014.

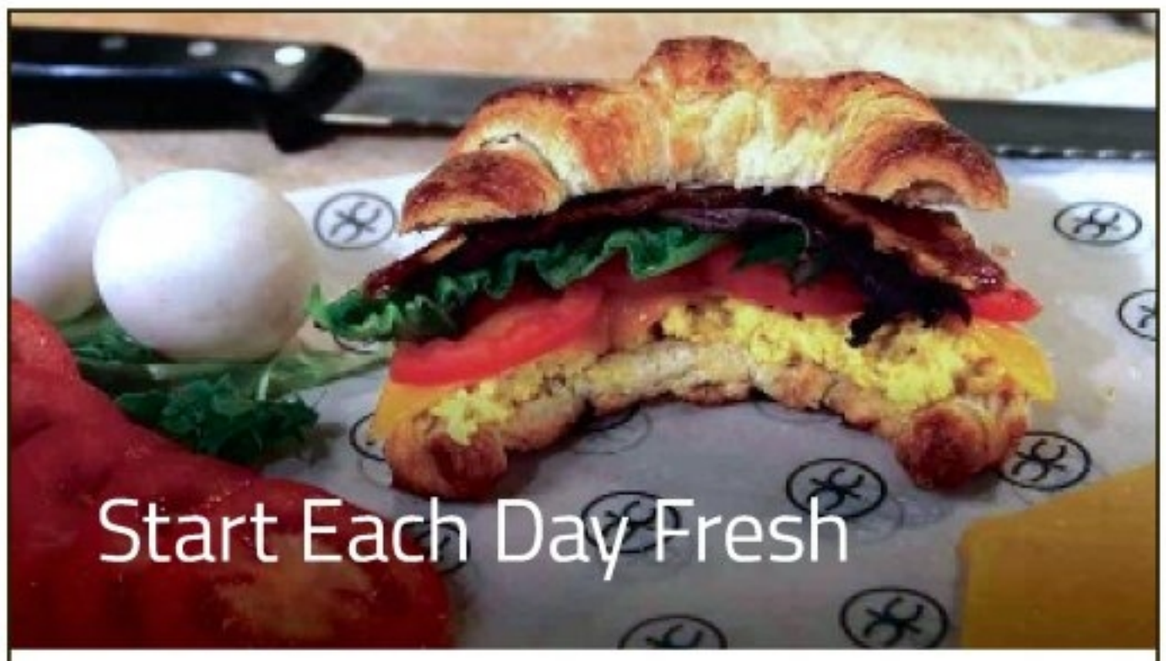
Alaradi was among 10 men of Libyan origin detained around the same time — some of them have since been released.

When his trial got underway in January, the 48-year-old pleaded not guilty to terrorism charges which related to funding, supporting and co-operating with terrorist organizations. When those charges were dropped, Alaradi was then put on trial for allegedly providing supplies to groups in a foreign country without permission of the U.A.E. government and collecting donations without the government's permission.

Salim Alaradi THE CANADIAN PRESS

His Canadian lawyer has said Alaradi always admitted he helped raise funds and secure supplies for the new transitional council in Libya after the ouster of longtime Libyan leader Moammar Gadhafi in 2011 but has nothing to do with the political situation in the country since increased unrest in 2012.

THE CANADIAN PRESS



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Tories mull picks for new leadership

POLITICS

Three declared candidates debate policy at convention

As former Tory cabinet minister Peter MacKay stood at the entrance to his party's policy convention in Vancouver Saturday, a fellow party member ambled past.

"Good to see you, Peter," he said. "We're waiting for you!"

MacKay laughed but didn't answer — a response not uncommon in Vancouver these last few days as those considering a run for the Conservative leadership were pressed again and again on when they might make up their minds to run or not.

By the rules of the race, they have until the end of February to formally file the papers but the party is trying to force the issue.

Leadership debates organized by the party were supposed to begin in the fall, but some are pushing to hold them sooner in order to prompt candidates to make up their mind.

One of the factors for the party executive is money.

The party needs to amp up its fundraising machine as it beings preparations for the 2019 election, and leadership candidates each pay a $50,000 entrance fee. They'll also sign up thousands of new members for at least $15 apiece.

But at the same time, leadership candidates are fundraising from the same pool of donors as the party itself, making the fight for dollars competitive.

The over 2,000 delegates to the convention had multiple chances over the course of the 2-1/2-day convention to see the declared candidates and the maybes in action, from formal on stage panels to hospitality suites in hotels and pubs across the city's downtown.

Hundreds crowded into a suite of rooms at Vancouver's Terminal City club Friday night to hobnob with Jason Kenney, the longtime Conservative MP considering a bid for either the federal leadership or potentially making a play in Alberta to unite the right there.

He says he'll make up his mind in the coming months. The take-away from the convention for leadership hopefuls is the mood of the party, he said.

"I and some others were expecting this to be a bit of a wake, a funeral reception — and it doesn't feel like that at all," he said.

THE CANADIAN PRESS

> **I and some others were expecting (the convention) to be a bit of a wake... it doesn't feel like that at all.** Jason Kenney, Conservative MP

Conservative MPs and delegates dance during the closing ceremonies at the Conservative Party of Cana

JONATHAN HAYWARD/THE CANADIAN PRESS

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ada convention in Vancouver.

SAME-SEX MARRIAGE

'It's about freedom and respect': MP

Conservatives emerged from a spirited convention Saturday, ties to many of their past policies and politics severed after days of debate that many say is proof that the party is on the rebound.

The party wiped a policy opposing same-sex marriage off its books Saturday and adopted another supporting a more permissive approach to marijuana after 2-1/2 days of introspection and intense public debate.

"It's a demonstration of the maturation of our party," former Tory cabinet minister Peter MacKay said of the marriage resolution.

"We're clearly recognizing the law, the realities of people's lives and I'm heartened by the very open transparent way in which we dealt with this issue."

The vote followed emotional debates in policy workshops Friday and on the floor Saturday with some social conservatives arguing that any leadership candidate who supported it would automatically lose their vote.

That didn't faze candidate and MP Maxime Bernier, who spoke in favour of the motion from the convention floor.

OPPOSITION

When Stephen Harper spoke on Thursday night about the need to stay true to Conservative principles of faith, family and community, a few staunch delegates took notice.

Party members like Manitoba MP Ted Falk remain firmly against the policy change on same-sex marriage.

"This motion is an attack on our values and principles," he said.

"It's about freedom and respect. It's about us and telling Canadians that you can love who you want and that you can be in love," he said.

The 2015 campaign failed in part because its reliance on the same old themes and approaches of the past, delegates had heard during a packed session.

Those complaints were heard loud and clear, said MP Erin O'Toole.

THE CANADIAN PRESS

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#HaliCop sees world thanks to Photoshop

SOCIAL MEDIA

Doctored shot of officer snags Twitter's imagination

Halifax police officer who has touched many Canadians is popping up in paintings, movies, video games and even a Miley Cyrus music video thanks to a transformative online hashtag.

A photo of a Const. Shawn Currie sitting on the sidewalk with a busker has captured the hearts and 'likes' of thousands of social-media users since being posted on Thursday.

After hundreds of reposts and shares, the photo has mutated into an online meme under the hashtag #HaliCop.

Currie on the Wrecking Ball. @CAPTSWIGGY/THE CANADIAN PRESS HANDOUT

Photoshopped creations insert a reclining Currie into all manner of fantastical scenarios — taking in The Starry Night by Vincent van Gogh, casting a spell in Harry Potter, or being stacked in an all-Currie game of Tetris.

Twitter-user @CaptSwiggy had Currie swinging into Miley Cyrus's "Wrecking Ball" video.

Rayleen MacDonald crafted a Disney-inspired portrait of Currie as Aladdin on a magic carpet ride. "Halicop can show you the world," she tweeted with the photo.

In a meta-take on the #HaliCop phenomenon, 12-year-old Luke Sullivan paid homage to previous viral photo of Currie. In the reimagined photo, Currie writes a fake ticket for himself — taking the place of a three-year-old boy who was "illegally stopped" on his plastic motorcycle last year.

Halifax Regional Police has embraced the community officer's social media celebrity. The force announced that Currie would pick his favourite creation on Monday, with the winner receiving a travel mug signed by the #HaliCop himself.

"Well, Twitter. You never let us down," the police tweeted. "We're cry-laughing ... (and) super impressed (with) your photoshop skills!"

> **Well, Twitter. You never let us down. We're cry-laughing.**
> Halifax Regional Police tweet

WILDLIFE

Black bears collared for data collection

Two orphaned black bears, Athena and Jordan — whose lives were spared when a conservation officer refused to kill them — are being prepared for release as early as mid-June after nearly a year of rehabilitation at a Vancouver Island facility.

Julie Mackey, manager at the North Island Wildlife Recovery Centre in the community of Errington, said Jordan and Athena will be outfitted with GPS collars to track their movements once they're set free.

The cubs' mother was killed by a conservation officer last July for twice raiding a freezer at a Port Hardy-area mobile home, and the ministry ordered the cubs destroyed after they were reported to be eating garbage.

Bryce Casavant defied orders to euthanize the bears and they were instead taken to a shelter. He was suspended from his job for a month.

The cubs are now about 15 month old, Mackey said, adding they are thriving in the company of six other bears.

Jordan and Athena's post-release monitoring via GPS collars, a first for the shelter, was part of an agreement with the Environment Ministry when the bears started rehabilitation, said Mackey.

She said the shelter will pay for the collars, at a cost of at least $2,500 each, plus fees for data collection. THE CANADIAN PRESS

Athena and Jordan in July 2015. CHAD HIPOLITO/THE CANADIAN PRESS

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Data reveals snapshot of recruits

TERRORISM

Majority of those joining Daesh from Saudi Arabia

Entry date. Blood type. DoB and Nationality. Education. Employment. Would you like to be a fighter, martyr, security guard or administrator?

These are the questions Daesh recruits answer on an entry form when joining the group. Bureaucracy is not something that leaps to mind when thinking of terrorists, but Daesh has proven meticulous in its record-keeping and data entry.

In recent months, Daesh defectors have been leaking these to journalists and academics, providing an intriguing snapshot of who joins the group and how. One database, which lists more than 4,000 members, including information on 16 Canadians, was shared by researcher Amarnath Amarasingam and analyzed by Toronto Star data specialist Andrew Bailey. The most striking information gleaned is the vast diversity of recruits, debunking theories that there is a common Daesh profile.

Of the 4,078 entries, the average birth year is 1988, which means most recruits were 25 or 26 when they arrived in Syria between 2013 and 2014, the period covered by the database. But more than 770 recruits are under the age of 21.

The number of recruits going to Syria peaked in July 2014, after Abu Bakr al-Baghdadi declared the group's caliphate.

The categories that list recruiters and those who facilitate travel would likely be valuable intelligence for law enforcement agencies trying to stem the flow of fighters.

The name Abu Muhammad al-Shimali is listed in more than 1,000 entries as a facilitator. While this is a kunya, or nickname, and difficult to confirm an identity, there is a well-known Daesh member who goes by that name and is being sought in connection with the 2015 Paris attacks.

The U.S. State Department's Rewards for Justice program lists 36-year-old Saudi citizen Tirad al-Jarba, known as Abu Muhammad al-Shimali, as the leader of the "Immigration and Logistics Committee," and is responsible for facilitating the travel of foreign fighters.

The majority of recruits in the database are from Saudi Arabia, but Tunisians make up the largest percentage per population. TORSTAR NEWS SERVICE

1988

The average birth year of Daesh recruits, meaning most were 25 or 26 when they arrived in Syria.

770

More than 770 Daesh recruits are under the age of 21, according to the database.

Filmon Selomon, right, Mabtom Tekle, center, and Awad Weldemariam look at the sea during an interview, in Sicily, Italy, on Sunday. They are three Eritrean survivors of an accident that might have produced the largest number of missing and presumed dead to date. Estimates range from around 400 to about 550 missing in that sinking alone. THE ASSOCIATED PRESS

REFUGEE CRISIS

Fears for more than 700 shipwrecked

Survivor accounts have pushed to more than 700 the number of refugees feared dead in Mediterranean Sea shipwrecks over three days in the past week, even as rescue ships saved thousands of others in daring operations.

The shipwrecks appear to account for the largest loss of life reported in the Mediterranean since April 2015, when a single ship sank with an estimated 800 people trapped inside. Humanitarian organizations say that many migrant boats sink without a trace, with the dead never found, and their fates only recounted by family members who report their failure to arrive in Europe.

"It really looks like that in the last period the situation is really worsening in the last week, if the news is confirmed," said Giovanna Di Benedetto, a Save the Children spokeswoman in Italy.

Warmer waters and calmer weather of late have only increased the refugees' attempts to reach Europe.

The largest number of missing and presumed dead was aboard a wooden fishing boat being towed by another smugglers' boat from the Libyan port of Sabratha that sank Thursday. Estimates by police and humanitarian organizations, based on survivor accounts, range from around 400 to about 550 missing in that sinking alone.

One survivor from Eritrea, 21-year-old Filmon Selomon, told The Associated Press that water started seeping into the second boat after three hours of navigation, and that the migrants tried vainly to get the water out of the sinking boat.

"It was very hard because the water was coming from everywhere. We tried for six hours after which we said it was not possible anymore," he said through an interpreter.

He jumped into the water and swam to the other boat before the tow line on the navigable boat was cut to prevent it from sinking when the other went down.

A 17-year-old Eritrean, Mohammed Ali Imam, who arrived five days ago in another rescue, said one of the survivors told him that the second boat started taking on water when the first boat ran out of fuel.

Police said the line, which was ordered cut by the commander when it was at full tension, whipped back, fatally slashing the neck of a female migrant.

According to Italian police, 300 people in the hold went down with the second boat when it sank, while around 200 on the upper deck jumped into the sea. Just 90 of those were saved, along with about 500 in the first boat. THE ASSOCIATED PRESS

People try to jump in the water right before their boat overturns off the Libyan coast. ITALIAN NAVY VIA THE ASSOCIATED PRESS

IRAQ

Forces prepare for final push

Iraq's special forces completed a troop buildup around Fallujah on Sunday ahead of an operation to retake the Daesh-held city west of Baghdad, a military officer said, as the militants attacked a newly-liberated town to the west.

Teaming up with paramilitary troops and backed by aerial support from the U.S.-led coalition, the government launched a large-scale offensive to dislodge Daesh militants from Fallujah a week ago.

The city, located about 65 kilometres west of Baghdad, is one of the last major Daesh strongholds in Iraq. The extremist group still controls territory in the country's north and west, including Mosul, Iraq's second largest city.

"I'm determined to end Daesh.
Iraqi soldier Ali al-Shimmari

The last battalion from Iraq's Special Forces Service arrived at dawn Sunday at the Tariq Camp outside Fallujah, said Maj. Dhia Thamir. He declined to comment on troop numbers or the timing of the expected assault.

He said troops have recaptured 80 per cent of the territory around the city since the operation began and are currently battling Daesh to the northeast as they seek to tighten the siege ahead of a planned final push into the city centre.

In a speech to parliament, Iraqi Prime Minister Haider al-Abadi said the "current second phase of the Fallujah operation" will last less than 48 hours, after which the offensive to recapture the city will begin. THE ASSOCIATED PRESS

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UNITED STATES

Flooding kills 5, two missing

Central Texas authorities spotted a body during an aerial search Sunday, bringing the death toll from flooding the state to five.

It's unclear whether the body found in Travis County near Austin is one of the two still missing in Texas. A boy, 11, is also still missing in central Kansas, too.

Torrential rains caused heavy flash flooding in some parts of the U.S. over the last few days, and led to numerous evacuations in southeast Texas, including two prisons. But the threat of severe weather has lessened over the long Memorial Day holiday for many places, though Tropical Depression Bonnie continued to bring rain and wind to North and South Carolina.

Near Austin, a crew aboard a county STAR Flight helicopter found a body Sunday on the north end of a retention pond near the Circuit of the Americas auto racing track, which is close to where two people were reported to have been washed away by a flash flood early Friday, Travis County sheriff's spokesman Lisa Block said. The body still must be recovered and no identification has been made.

The rising water in several Houston-area rivers and creeks prompted Harris County officials on Saturday to ask about 750 families in the Northwood Pines subdivision to voluntarily evacuate their homes and apartments. Officials also warned residents living near the west fork of the San Jacinto River, north of Houston, that rising waters were likely to flood homes, Sanchez said.

In Kansas, the search for a missing 11-year-old boy resumed Sunday and expanded beyond the swollen creek he fell into Friday night, according to Wichita Fire Department battalion chief Scott Brown. "We are more in body recovery mode than rescue," Brown said. THE ASSOCIATED PRESS

'Mommy loves you': Boy rescued from gorilla pen

CINCINNATI

Animal shot in enclosure after child climbs inside, falls 15 ft.

Panicked zoo visitors watched helplessly and shouted, "Stay calm!" while one woman yelled, "Mommy loves you!" as a 400-pound-plus gorilla loomed over a 4-year-old boy who had fallen into a shallow moat at the Cincinnati Zoo.

The boy sat still in the water, looking up at the gorilla as the animal touched the child's hand and back. At one point, it looked as though the gorilla helped the youngster stand up.

Two witnesses said they thought the gorilla was trying to protect the boy at first before getting spooked by the screams of onlookers. The animal then picked the child up out of the moat and dragged him to another spot inside the exhibit, zoo officials said.

Fearing for the boy's life, the zoo's dangerous-animal response team shot and killed the 17-year-old ape, named Harambe. The gorilla came to Cincinnati in 2015 from the Gladys Porter Zoo in Brownsville, Texas.

The child, whose name was not released, was released from Cincinnati Children's Hospital Medical Center on Saturday night, the zoo said.

A child touches a gorilla statue where flowers have been placed outside the Gorilla World exhibit at the Cincinnati Zoo on Sunday. JOHN MINCHILLO/ THE ASSOCIATED PRESS

Zoo Director Thane Maynard said the gorilla didn't appear to be attacking the child but was "an extremely strong" animal in an agitated situation. He said tranquilizing the gorilla wouldn't have knocked it out immediately, leaving the boy in danger.

"They made a tough choice and they made the right choice because they saved that little boy's life," Maynard said.

Zoo officials said the 4-year-old climbed through a barrier at the Gorilla World exhibit and dropped 15 feet into the moat Saturday afternoon. He was in there for about 10 minutes. Two female gorillas also were in the enclosure.

The two females complied with calls from zoo staff to leave the exhibit, but Harambe stayed, Maynard said.

Witness Kim O'Connor said she heard the boy say he wanted to get in the water with the gorillas. She said the boy's mother was with several other young children.

"The mother's like, 'No, you're not. No, you're not,"' O'Connor told WLWT-TV.

Another woman said that just before the boy fell, she saw him in bushes beyond a fence around the exhibit.

Zoo staff cleared the area and visitors heard gunfire a few minutes later. Firefighters then rushed into the enclosure and picked up the boy.

Visitors left flowers at a gorilla statue on Sunday. Gorilla World remained closed, but the rest of the zoo was open. THE ASSOCIATED PRESS

ECONOMY AGRICULTURE KEY TO INDIA'S LIVELIHOOD
Indian children smile as they carry drinking water in plastic bags at an agricultural field in Allahabad, India, on Saturday. Agriculture is the main livelihood of about 60 percent of India's 1.2 billion people. THE ASSOCIATED PRESS FILE

HOUSTON

Two dead following neighbourhood shooting
A gunman and at least one other person were killed Sunday, authorities said, as many shots were fired in a Houston neighbourhood where police had urged people to remain in their homes. Police spokesman John Cannon says there were two armed suspects involved, one of whom was killed and one who was wounded and taken to a hospital. The streets were still blocked off late Sunday afternoon with many police cars and fire trucks on the scene. THE ASSOCIATED PRESS

WHITE HOUSE

Obama pups living the presidential lifestyle

Bo, right, and Sunny, the Obama family dogs, watch as children join first lady Michelle Obama in the State Dining Room at the White House in Washington. THE ASSOCIATED PRESS FILE

It's hardly a dog's life of just eating and sleeping for President Obama's pets, Bo and Sunny.

The pair of Portuguese water dogs — Bo with his distinctive white chest and front paws, and the all-black Sunny — are canine ambassadors for the White House, very popular and so in demand that they have schedules, like the president.

"Everybody wants to see them and take pictures," Michelle Obama said. "I get a memo at the beginning of the month with a request for their schedules, and I have to approve their appearances."

The dogs have entertained crowds at the annual Easter Egg Roll and Bo has been at Mrs. Obama's side when she welcomes tourists on the anniversary of the president's inauguration. The dogs also have cheered wounded service members, as well as the hospitalized children the first lady visits each year just before Christmas. In a sign of just how recognized Bo and Sunny are, authorities in January arrested a North Dakota man who they say came to Washington to kidnap one of the pets.

Bo, now 7, joined the Obama family in April 2009. He was a gift from the late Sen. Edward M. Kennedy, a key supporter of Obama's 2008 presidential campaign who became close to the family. Bo helped Obama keep a promise to daughters Malia and Sasha that they could get a dog after the election.

Sunny, nearly 4, came along in August 2013. Mrs. Obama said her four-legged family members had been nice overall.

"You know what she does sometimes? She leaves the kitchen and she'll sneak and she'll go poop on the other end of the White House," the first lady said. THE ASSOCIATED PRESS

What was stale is fresh once again

DOUGHNUTS

Krispy Kreme 'coming back with a vengeance'

When North Carolina-based Krispy Kreme launched in Canada in December 2001, people swarmed Toronto's Union Station for free samples and lined up around the block to wrap their lips around those sugary glazed treats. So whatever happened to the once-beloved brand north of the border?

"People ask us that all the time, but actually we never went away," says Chris Lindsay, partner and co-franchisee of Krispy Kreme's Canadian arm.

Lindsay is one of a new trio of Canadian investors who are looking to make dough again under the Krispy Kreme banner with a more measured growth plan than its original, not-so-sweet foray into the picky doughnut market here 15 years ago.

"There was almost too much hype then," says partner Keith Stein, a former Magna executive.

Things got stale fast amid a rapid expansion. The U.S. head office also required the former Canadian division to build expensive, giant stores that were about 5,000 square feet, which quickly ate into profits. Tim Hortons on every corner didn't help either.

> **We are small enough to be nimble in ways others can't be.**
> Keith Stein

At its height over a decade ago there were 18 stores and 1,000 employees. Today there are just six locations in Canada.

It's the company's new café concept, which includes a "Hot Now" convection oven where customers have the option of getting their doughnuts warmed up like they were just made. They also have everything from Kruffins (a muffin with a stuffed doughnut hole) and frozen drinks to a few savoury options like a bagel and cream cheese.

"This company is coming back with a vengeance," says Stein.

Two smaller Krispy Kremes are located in downtown Toronto, two in Quebec and one in B.C. .

Krispy Kreme is now in 27 countries and the U.S. has 300 locations, or one quarter of the chain. The new Canadian corporate team estimates a rollout of another 50 stores with a much smaller footprint this time across Ontario and Quebec over the next few years.

Of course Tims, with nearly 4,000 stores in Canada, won't be quaking in its Timbits, says Queen's University marketing professor Ken Wong, who sees Krispy Kreme as more of a specialty dessert chain like Mrs. Fields rather than a coffee shop.

TORSTAR NEWS SERVICE

After a not-so-sweet history in Canada, Krispy Kreme is eyeing an expansion. TORSTAR NEWS SERVICE

MONEY

Low loonie changing Canadian travel to the United States

Canadian travel to the United States hit a six-year low this winter as a weak loonie and lower airfares prompted more residents to visit other international destinations.

Last year's decrease of Canadian travellers to the U.S. continued in the first three months of 2016 as 4.38 million Canadian residents went across the border for at least one night, down 13 per cent from the same period in 2015 and matching a low set in 2010, according to data from Statistics Canada.

While interest in the U.S. has waned, 3.8 million Canadians travelled to other international destinations, up 6.2 per cent over the previous year and 33 per cent since 2010.

The low value of the loonie has also attracted more visitors to Canada. After holding steady for several years, American visits to Canada were up almost 20 per cent between January and March, while the number of visitors from other countries was up 10 per cent over 2015 and 26 per cent from 2010.

12.5 million

The number of Americans that visited Canada in 2015 — the highest level since 2008.

The low value of the loonie has also attracted more visitors to Canada.

After holding steady for several years, American visits to Canada were up almost 20 per cent between January and March, while the number of visitors from other countries was up 10 per cent over 2015.

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metro VIEWS
Your essential daily news
Monday, May 30, 2016

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

The guy in the cubicle next to mine is loud and disruptive to the point where my work is being adversely affected. How do I deal with this without making the wrong impression?

Dear Ellen,

I recently got a new neighbour at work. We work in the same department, but I don't really know him. He is loud, constantly has people stopping by for non-work-related issues and keeps banging into our shared cubicle wall. I don't want to seem unfriendly, but it's interfering with my work. What's the best way to deal with this?

Dee

©Ani Castillo

Dear Dee,

The most effective way to deal with this is simple behaviour modification. Mount a pail of ice water above your neighbour's desk, then jerry-rig a triggering device that tips the pail over and douses him every time his voice goes above 75 decibels or he jostles your cubicle wall.

Alternatively, you could arrange a collection of precious figurines along the top edge of your shared cubicle partition, making sure they fall and smash at the slightest disturbance, then present him with the bill.

Musical chimes are also worth considering. Mount them all over your cubicle and let the torturous tinkling begin as the tremors roll in from the new guy's antics.

The possibilities are endless! And tempting. And, alas, potentially illegal.

But, worst of all, they are impolite.

As with virtually all relationship problems, your first resort must be to speak directly to the party on the other side of the problem. This is challenging, I know. In my cowardly youth, I once left the continent for six months rather than confront a friend about a minor transgression, which I now can't even remember. A lot of us were taught from childhood to keep our traps shut and pretend everything is just fine dammit, which is a useful skill in some etiquette situations, but a terrible handicap when it comes to honest communication.

Everyone deserves honest communication — even the rampaging lout in the next cubicle.

And everyone deserves honest communication — even the rampaging lout in the next cubicle. It's important to tell him that his loud conversations and partition-banging are making it hard for you to work.

It's also important to tell him this in a non-confrontational manner. If you're afraid of appearing unfriendly, you might even bring a coffee and muffin along to the conversation, which will show you are acting in good faith and set the tone for a friendly chat.

You can also keep things civilized by beginning or ending the chat with questions about how he's doing in his new position. But you have to take a big, deep breath and mean it. Don't feign politeness. People can smell that passive-aggressive stuff a mile away, and it makes them justifiably angry, which is what you don't want. What you do want is for this guy to realize how oblivious he's been, be sorry and attempt to change his ways.

Unfortunately, if he's truly a selfish boor, the whole honest, coffee-muffin-and-a-side-of-sincerity approach will feel like a pointless exercise. But it's not. You owe it to yourself to do the right thing first. If it doesn't work, well, all bet are off: you may, with a clear conscience, complain to co-workers about this antisocial clown, ask your supervisor for help, invoice the department for earplugs, or rig up that pail of ice water.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

Towards a complete taxonomy of Canadian summer sidewalkers

A friend was nearly bowled over the other day by a man on a mission.

"I'm just trying to walk in a straight line!" he bellowed as he pressed by.

She was unhurt, but stranded on the wrong side of the sidewalk sign outside the café she was angling for.

It didn't have to go that way. He could have simply adjusted his trajectory 30 degrees or so, and they would have both had room. But 30 degrees was just too much for him that day, it seems. And to a degree, I sympathize.

Summer is a season of many things, but few so acutely felt as sidewalk navigation. Streets that, during winter months, you had to yourself are suddenly bursting with biped meanderers; now, instead of simply going to the shops, you must first complete a complex obstacle course.

It's my belief that you can tell much about a person by the way they walk down a sidewalk.

There is the clueless walker, oblivious to all around them, like a daydreaming child. What are they looking at? It's impossible to say. But one thing they are definitely not looking at is other people, trying to get by. Who actually have things to do.

There is the daredevil walker whose every outing is a game of chicken. You lock eyes. "I see you," his say. "And I will not move." He sets his body like battering ram, and if you dare test his mettle, you could end up bumping right into him, chest to chest.

There is the cozy couple who, by virtue of their relationship, believe they deserve to take up the full width of the sidewalk. They're not going to shimmy into single file for even a split second to avoid any oncoming traffic. They're together.

There is the abrupt stopper who seems so confused by his chosen path that he'll stop short to get his bearings. It immediately becomes clear that he has no bearings.

There is the child who can be forgiven for walking like a drunk because her brain isn't fully developed, let alone her conception of sidewalk etiquette.

Add to these: the diagonal walker, who can't pick a lane and stick to it; the capitulator, my kin, who will shift direction or even cross the street in a mix of deference (to her city-mates) and selfishness (never sacrificing her own pace).

Part of me wishes everyone would disappear. Then I'd experience less bubbling rage. But that wouldn't be very urban-minded of me. The whole point of a city is to communally partake of all that's on offer. And no matter how much you may feel you own it — no single sidewalk was built just for you.

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Giving a voice to the voiceless

NEW RADIO SHOW

Candy Palmater is ready to bring Canada a fresh perspective

Megan Haynes
For Metro Canada

Toronto-based Candy Palmater is a bit of an overachiever: the youngest of six, she graduated law school at the top of the class and was the first Mi'kmaq to land a job at a Halifax law firm.

But that wasn't quite the right fit for Palmater, so she quit her job and ventured into comedy, taking the stage across the country. This led to a four-season TV show on the Aboriginal Peoples Television Network, and now she's joined the ranks of CBC hosts, lending her voice to the radio waves with a new two-hour daily series. Metro caught up with Palmater to hear more about what brought her to this point.

'I'm queer, a menopausal woman. I'm Mi'kmaq. There are so many things about me that make my perspective different than what you're used to hearing on national radio,' says Candy Palmater. CONTRIBUTED

CATCH IT
The Candy Palmater show launches May 30. It airs weekdays Monday to Friday on CBC Radio One at 1 p.m.

In previous interviews, you've said you've struggled not to be put into specific boxes...
It's been my lifelong quest.

I've always been somebody who colours outside the lines. It's the whole reason I stopped being a lawyer — I never felt further away from myself than when I was a lawyer.

What prompted you to get into law in the first place?
I've always had the urge to give voice to people who don't have a voice. At 25, I couldn't think of another way to do that than becoming a lawyer. I always had the notion that's where advocacy lived. When I got to law school, there was a lot of talk that no Mi'kmaq person had ever been hired at a firm. So I drank the Kool-Aid and thought, "I have to get hired at a firm." And I was.

(But) suddenly I woke up as a lawyer and (thinking) what have I done?

How does being an entertainer help you be an advocate?
For two hours a day on the radio, my perspective will be so different than the perspective you normally hear on the radio. I'm queer, a menopausal woman. I'm Mi'kmaq. There are so many things about me that make my perspective different than what you're used to hearing on national radio.

Why is it important to have that voice?
The country is made up of such a diverse group of people — particularly for the public broadcaster. People have to hear themselves reflected. There needs to be an opportunity for people to say "here's where I belong."

If your experience is never reflected to you — in movies, in books, in TV — it's very isolating.

Has anyone told you about when you inspired them?
I was at a big event (doing a) comedy show and I talked about how I met my wife. Later, I got an email from a kid who was in the audience.

He said "I was bummed about going to this (show): it was going to be all native kids, and I'm gay."

In the First Nations community we're still not embracing and open to queer culture. So he said, "I'll have to be someone else. But there you were at 8 a.m. talking about your big, gay self and everybody loved you."

He went home that night and asked his parents if they knew who Candy Palmater is, and they said yes, they knew me personally.

He asked if they knew I was gay, and they said yes. So he came out to his parents because he thought if they were OK with me being gay, they'd probably be okay with him being gay. And they were.

YOU CAN DO THIS MEDICAL ASSISTANT

'I never feel stagnant'

WHY I LIKE MY JOB

Stevie Blanchard, 28, Medical Office Assistant at Preventous Cosmetic Medicine

I always knew I would choose a career that involved helping others. I graduated from Okanagan College in British Columbia with a Unit Clerk/Medical Office Assistant diploma. There, I received extensive training in numerous areas of the medical field including transcription, medical terminology and electronic medical record systems. In addition, I participated in various workshops and obtained practicum training that helped prepare me to work in a medical setting.

The choice to work in health care came naturally to me. I wanted a career that was challenging and allowed me to make a difference, yet was flexible enough for me to spend time with family. What excites me the most is that health care is a continuously evolving field so I never feel stagnant.

Some of my duties include booking and confirming appointments, maintaining confidential medical files and records, and ensuring effective office procedures. I also really enjoy the interactions and relationships I develop with clients. Nothing makes me happier than ensuring our clients' needs are taken care of from the moment they arrive and beyond.

THE BASICS: Medical Assistant

$39,547

Median wage of entry- to intermediate-level medical assistants. Advanced professionals in this field, such as medical office managers or executive secretaries, can earn upwards of **$60,000** annually.

+13.7%

The amount of growth expected in this field over the next 8 years

Data for this feature was provided by payscale.com, servicecanada.gc.ca, rhdcc.gc.gca, trade-schools.ca and onetonline.org.

HOW TO START

Although medical assistants don't need to obtain a specific certificate or licence to work in the field, suggested credentials include a post-secondary diploma or certificate in health care administration or medical administrative services. Programs typically span two years or less.

WHERE YOU CAN GO

An aspiring medical assistant can expect to find work in varying environments, including walk-in clinics, dental centres, nursing homes, insurance firms and public health agencies. The career outlook is particularly bright due to higher projected retirement rates and slightly above average turnover rates. Job duties have diversified to include office reception and basic accounting; however, responsibilities tend to be more advanced or management-based than those of non-medical administrative workers.

NEXT CAREER STEP

Those interested in this career path or currently seeking advancement may opt for additional training in medical terminology, patient relations, medical office software and health care policies. Generally, a medical assistant will advance progressively to a senior admin role as they gain more experience in report writing and health record maintenance, office communications and day-to-day financial matters.

LITERATURE

Poetry based on Reena Virk trial up for $65K prize

When Soraya Peerbaye first learned of the brutal slaying of Vancouver Island teen Reena Virk, the Toronto poet recalled being haunted by the harrowing nature of the crime.

"Like many people across the country, I was just struck by the details of the story: the youth of the assailants and their gender and, of course, the sheer brutality of it," said Peerbaye.

In November 1997, Virk was swarmed by a crowd of mostly girls under a bridge in the Victoria area. After the 14-year-old was beaten, she limped across the bridge followed by Kelly Ellard and Warren Glowatski. A trial later found the duo continued the beating and held Virk's head underwater until she drowned.

Ellard is serving a life sentence for second-degree murder, and was denied parole May 3. Glowatski, who was also convicted of second-degree murder, was given full parole in 2010.

Peerbaye was in the courtroom for Ellard's 2004 trial — which ended in a mistrial — and was present again for the 2005 trial when Ellard was found guilty.

Peerbaye's exploration of Virk's story has extended into her creative work with the anthology Tell: Poems for a Girlhood (Pedlar Press). The collection is one of three Canadian titles nominated for the $65,000 Griffin Poetry Prize, which will be awarded at a Toronto gala on June 2. Tell was also recently shortlisted for the Ontario Trillium Book Award for Poetry.

"The work doesn't delve into biography," Peerbaye said of the anthology. "It's not an attempt to say who (Virk) was, and it's not an attempt to position myself as an authority of her experience....

"It's really a reflection — and almost a critique — of the public literature, the trials and how she was seen by the witnesses or the Crown ... and how her identity and her agency were described by those narratives."

Peerbaye drew on court transcripts which she described as "very troubling — maybe even more so than watching the trials.

"There were so many small and slight details that were brought up ... and when you're reading the transcript, it all seems even. In a way, it's all kind of flat..."

Also from Canada in contention for the prize is Frayed Opus for Strings & Wind Instruments (Brick Books) by Danish poet Ulrikka S. Gernes. The work was translated by Canadian collaborators Per Brask and Patrick Friesen. And northern Ontario writer Liz Howard for Infinite Citizen of the Shaking Tent (McClelland & Stewart).

THE CANADIAN PRESS

Open Heavens Prayer Service

1. Do you think your sins are too many?
2. Do you think church is for perfect people?
3. Has society given up on you?
4. Are you looking for a loving and non-judgmental church family?

"Jesus said, it is not the healthy who need a doctor, but the sick. I have not come to call the righteous, but sinners." Mark 2:17

Pastor Mannie welcomes you just the way you are, at their Open Heavens Prayer Services as follows:

June 3rd 7:00 - 9:00pm

June 5th 10:00 - 12 noon (There will be communion and anointing)

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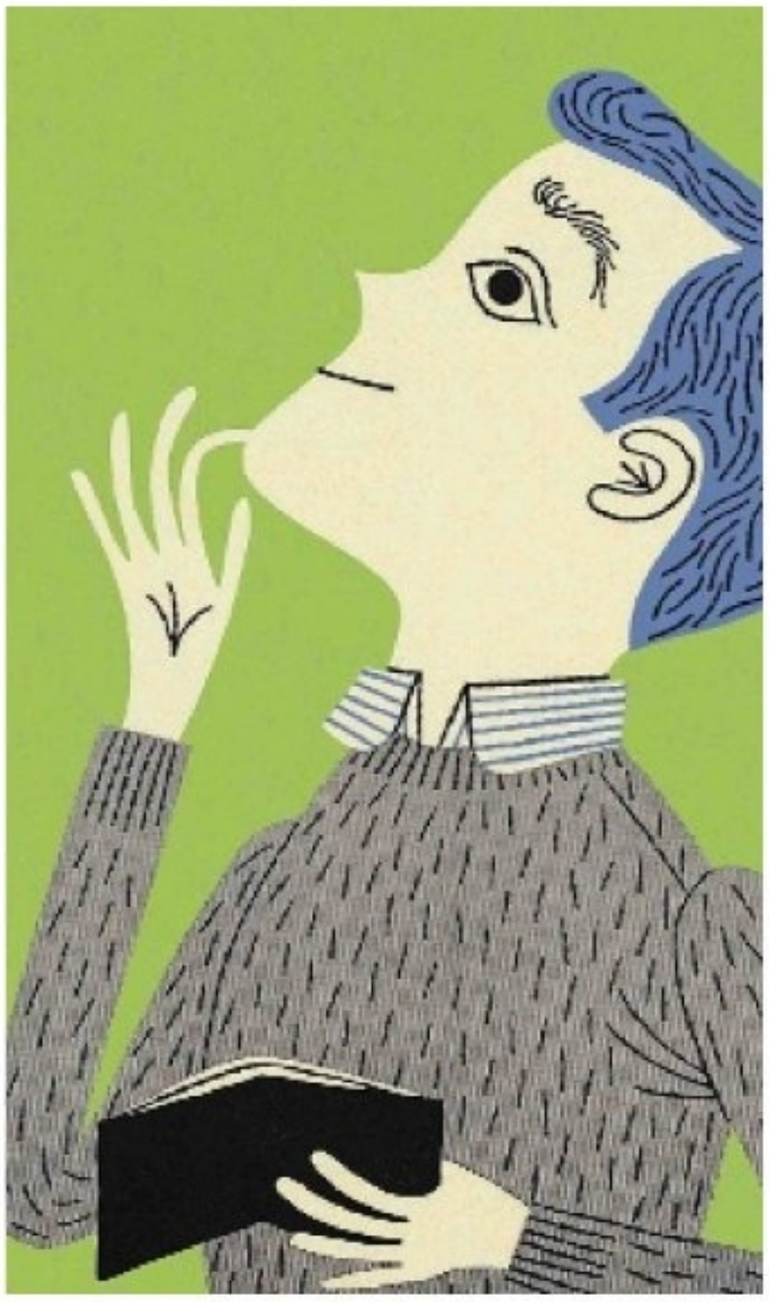
Buy now, pay later can be a sneaky trap

YOUR MONEY

If you're trying to beat the system, know the pitfalls

Gail Vaz-Oxlade
For Metro Canada



Some shoppers decide to keep their money in the bank until the due date of a Buy Now Pay Later deal, but this can give you a distorted view of your financial reality. ISTOCK

The Buy Now, Pay Later (BNPL) world is a way to get what you want without having to figure out what you have to give up in exchange. As if that's not dumb enough, some folks think they're smarter than the system.

There are the folks who decide to keep their money in the bank to earn interest until the due date.

They fully intend to make a payment in full before the debt-interest clock clicks on. But then a funny thing happens. Since they have lotsn'lotsa money in the bank, people get a distorted view of their financial reality.

Seeing that money sitting there makes them feel richer than they actually are. So despite the fact that the money has already been spent, it acts as a barrier to saving more. Or worse, it gives folks the confidence to spend money they would normally save.

It's a psychological thing, and when it kicks in it can lead to some really destructive decisions.

Then there are the guys who plan to make the monthly payments that will get them paid off by the due date. They take their total amount and divide by the number of months they have and make those payments every month. Or so they plan. But there's many a slip and this plan often goes wrong in a couple of ways:

1. If you can't abide the idea of the debt just hanging out there then there's a lot of wasted psychological energy around worrying, thinking, imagining, while the payments are being made.

2. As soon as an unexpected expense pops up, you defer your "interest free" payment promising yourself that you'll catch up next month. Then you'll do it again. And again. Oops. Here comes the deadline, there's no money, and the rapacious interest rate kicks in retroactive to the date you took that stuff home.

BNPLs also snap shut with a wicked bite if you're even slightly off on your calculations. If you're going to use one to your advantage, cut back your repayment period by a couple of months.

People are always messing up, making a payment late or not having the entire balance paid in full by the due date.
Gail Vaz-Oxlade

So, if you're entering into a 15-month BNPL, you actually base your repayment schedule on 13 months to make sure you're clear of the due date well in advance.

People are always messing up, making a payment late or not having the entire balance paid in full by the due date. Those mistakes are very costly. That "No Interest" jumps to a whopping 30 per cent overnight, making moot the 1 per cent they've been earning by keeping their money in the bank.

The biggest problem with BNPL is the ease with which people can take home stuff they have yet to pay for, making it feel like they got a special deal, and leaving them with the euphoria of purchase without the pain of payment as an off-set.

Physiologically we need this balance to help us prioritize. Removing one side of the equation lets us delude ourselves.

For more money advice, visit Gail's website at gailvazoxlade.com

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Scholarships help Syrian refugees

SCHOOL

Financial aid helps women who dropped studies to flee

Roua Alkadi had gotten used to the deafening sound of bomb blasts as she sat in class at Damascus University.

But when the growing conflict in Syria made it too dangerous even to attend class, she dropped out of her studies and joined the exodus of people fleeing the country.

For many young Syrians, leaving their war-torn country has meant suspending if not ending their education completely — and shelving dreams of a career and bright future.

But thanks to a new post-secondary scholarship program for Syrian women, a door has opened for Alkadi to resume her education in her adopted home of Toronto.

"I applied to Ryerson University in February and got a conditional offer, but I had no idea how I was going to pay for my tuition," said Alkadi, one of six scholarship recipients set to attend a Canadian university this fall under the 100 Syrian Women, 10,000 Lives scholarship program offered by Jusoor Canada.

"I have lost three years of my education and have to start over in Canada, but I'm just happy that I have this huge opportunity to continue my education," added the 21-year-old, who fled to Canada in 2014 to join her two sisters in Toronto.

Launched in 2011, Jusoor — an Arabic word meaning "bridges" — is made up of Syrian expatriates who are facilitating scholarship opportunities worldwide for compatriots whose education has been interrupted by the war. It's also an investment in the future post-war rebuilding of Syria.

In addition to scholarships offered by educational institutions, Jusoor fundraises to fill the gaps and runs three primary and middle schools for Syrian children living in refuge in Lebanon.

The volunteer group, whose executive members hail from Canada, the United States and Dubai, officially kicked off the 100 Syrian Women program this year, offering female scholars the opportunity to pursue undergraduate and graduate studies in North America.

> **We feel if we invest in women, it is a huge investment in the community.**
> Leen Al Zaibak

Some 26 Syrian women were chosen out of 900 applicants for full or partial scholarships, in partnership with universities, with the goal of helping 100 continue their university education in coming years.

The six recipients in Canada — including Alkadi and five others selected from abroad — will attend Ryerson, Wilfrid Laurier University and York University in September.

"During time of conflicts, parents are not as willing to send the girls to school. There's definitely a gender parity issue, but it's also for practical reasons, with the feeling that girls should stay closer to home," said Leen Al Zaibak, a Jusoor director and co-founder, whose family moved to Toronto in 1989 when she was 4.

"But we feel if we invest in women, it is a huge investment in the community. The 100 women who benefit from this opportunity are going to affect the lives of 10,000 other Syrians."

Four of the six Canadian scholarships were offered by students at Wilfrid Laurier, who passed a referendum last year in establishing the International Students Overcoming War Scholarship Fund, each student donating $4 per term to sponsor students affected by conflict.

Last year, it funded three students from Lebanon, Egypt and Syria.

In September, four Syrian women will start at the university.

Alkadi said she was introduced to Jusoor by her English teacher at the City Adult Learning Centre, a secondary school run by the Toronto District School Board to help adult students earn an Ontario high school diploma.

Alkadi has decided to switch her major to biomedical engineering.

"God helped me, and I need to return and give back to others who are less fortunate. I won't be a doctor, but I will be able to help build medical equipment to improve lives," she said.

TORSTAR NEWS SERVICE

Roua Alkadi is one of the happy recipients of the program, here with co-founder Leen Al Zaibak. TORSTAR NEWS SERVICE

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JOHANNA SCHNELLER WHAT I'M WATCHING

Preacher is fuelled by testosterone poisoning

Cassidy (Joseph Gilgun) goes on the offensive on a private jet in Preacher. CONTRIBUTED

THE SHOW: Preacher, Season 1, Episode 1 (AMC)
THE MOMENT: The inflight fight

In midair on a private jet, Cassidy (Joseph Gilgun) — the Devil masquerading as an Irish bartender — cuts lines of cocaine, packs bong hits and pours booze for a half-dozen business bros.

But in the loo, he finds something strange: a Bible, heavily marked with phrases like "Wrath is love."

"They found me," he says — then erupts in violence. He smashes the bong and stabs a bro with it. He turns an aerosol can into a flamethrower.

The bros pull out unlikely weapons (crossbow, spear, axe), which Cassidy handily uses to kill them.

"Go to hell, Abomination," says the co-pilot, just before Cassidy bites through his jugular. For his finale, he stabs the pilot in the heart with a jagged champagne bottle, then tips the bottle and collects the blood that pours out.

Holding only an umbrella, he jumps out of the plane, and — smash cut to a splat of ketchup on a dinner plate.

Cue the angry emails, but Preacher is such Boy TV (Bodies are icky! Being naughty is fun!). Based on the comic book series written by Garth Ennis and drawn by Steve Dillion, Preacher is shepherded by Seth Rogen and Evan Goldberg, and fuelled by testosterone poisoning.

It's hard on the eyes — Quick cuts! Zoom-ins! Whip pans! — and harder on the stomach: Twisted intestines! Still-beating hearts!

There's the requisite Hot Tough Chick, the requisite Unnecessarily Complicated Mythology, and the innumerable requisite Wham! Stab! Pow! fights.

And this is Episode 1. I have no doubt there's lots of puking and pants-crapping ahead.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

MOVIES

Mendes saying bye to Bond franchise

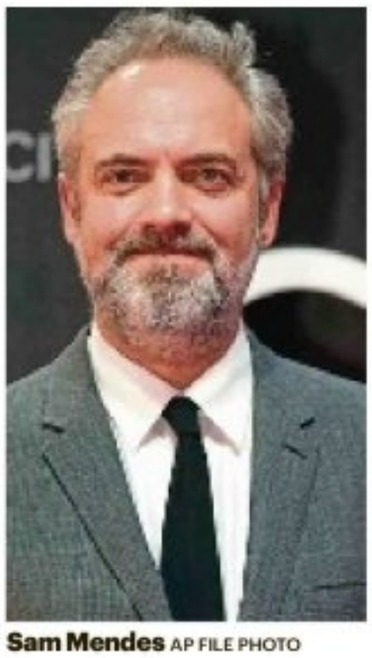
Sam Mendes is finished with James Bond. The acclaimed director of Skyfall and Spectre told an audience Saturday at the Hay Festival of literature in Wales it's "time for someone else" to take on the long-running spy series.

"I'm a storyteller and at the end of the day I want to make stories with new characters."

There's been no announcement about whether Daniel Craig will return for the 25th Bond film. Tom Hiddleston and Idris Elba are among his rumoured replacements, but Mendes says lobbying by fans is pointless.

"It's not a democracy ... (Producer) Barbara Broccoli decides who is going to be the next Bond, end of story," he says.

THE ASSOCIATED PRESS



Sam Mendes AP FILE PHOTO

MUSIC BRIEFS

Song on Grey's Anatomy could boost Cara's profile

Could it be a Snow Patrol moment for breakout 19-year-old Canadian R&B star Alessia Cara after her song River of Tears was played n the Season 12 finale of Grey's Anatomy?

The Brampton singer is having a great year with her debut album Know-It-All. Ellen DeGeneres has had the teen on her show twice in six months.

Cara's song was heard on Grey's May 19, almost 10 years to the day Northern Irish rockers Snow Patrol's Chasing Cars played over the heartbreaking finale of Season 2. The song became a huge hit, thrusting the band into the spotlight.

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Depp quiet as Heard claims violence

DIVORCE

Actress claims history of abuse, seeks spousal support

Top: Johnny Depp in a file photo. Bottom: Amber Heard leaves Los Angeles Superior Court on May 27, after giving a sworn declaration that her husband Johnny Depp threw her cellphone at her during a fight Saturday, striking her cheek and eye.

TOP: GETTY IMAGES, BOTTOM: THE ASSOCIATED PRESS

Johnny Depp seemed the picture of rock star cool as he played guitar on stage in Portugal with his band, the Hollywood Vampires. An ocean away, he is facing serious accusations.

A judge on Friday ordered Depp to stay away from estranged wife, Amber Heard, after she accused the Oscar-nominated actor of repeatedly hitting her during a recent fight and leaving her face bruised.

Depp's publicist has not responded to a request for comment, and the Pirates of the Caribbean star made no mention of the allegations during his Friday night concert in Lisbon.

Depp appeared on stage puffing a small cigar and playing rhythm-guitar to a large crowd that had gathered for a Rock in Rio concert.

The 52-year-old was introduced to the cheering audience as "the wings of the vampire" by band-member Alice Cooper.

The restraining order was issued on the day Depp's latest film, Alice Through the Looking Glass, opened in theatres and caps a turbulent week for the star.

His mother died May 20 and Heard filed for divorce on Monday.

On Friday, she appeared in court with a bruise on her right cheek below the eye, saying Depp threw her cellphone at her during a fight.

Heard's filing alleges a history of abuse throughout her relationship with Depp, which started after they met on the set of the 2011 film The Rum Diary.

A judge ordered Depp to stay away from Heard and not to attempt contact with her before a June 17 hearing.

Los Angeles Police responded to a domestic violence call at the couple's home on May 21, but the person who made the call declined to file charges and officers determined no crime occurred.

Los Angeles Superior Court Judge Carl H. Moor rejected Heard's request that Depp attend a year's worth of anger management classes and the protective order extend to her dog, a Yorkshire terrier named Pistol.

The status of the couple's other dog, Boo, was not immediately known.

(The dogs received worldwide publicity last year when Heard brought them into Australia without proper documentation. Heard and Depp released an awkward video last month apologizing for the action.)

Depp's attorney, Laura Wasser, declined to comment. Wasser wrote in a court filing that Depp was out of the country and would agree to a mutual stay-away order. Heard is seeking spousal support but Depp's response filed Wednesday asked a judge to deny the request.

Depp has been working steadily for the past few years, but his work has not always connected with the public.

His eccentric heist comedy Mortdecai was a flop, but he rebounded by playing Whitey Bulger in the hit mobster film Black Mass.

Depp has also filmed Pirates of the Caribbean: Dead Men Tell No Tales — the fifth installment of the long-running franchise — and even played Donald Trump in a satirical comedy for the website Funny or Die.

Last year, he and the Hollywood Vampires — Cooper and Joe Perry — released their self-titled album.

His new Tim Burton-directed film, Alice Through the Looking Glass, a sequel to 2010's Alice in Wonderland, has been critically panned and is performing below expectations going into the holiday weekend.

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A recent CMHC study found 75 per cent of modifying your home to age in place cost less than $500. And more than half—57 per cent—cost less than $100.

"Home modification costs will vary depending upon the renovation," says Mark Stewart, a Knowledge Transfer Consultant with the Canada Mortgage and Housing Corporation (CMHC). "Things like handrails, grab bars, bathtub modifications would be relatively inexpensive and even less so when built into the home during construction phase."

But expensive modifications, such as elevators or installing a lift up a stair case, may be beyond the financial means of many older adults, and force them to move.

"Costs will also vary according to the original design and construction of the house," says Stewart. "If possible, it is important to consider aging in place features during the construction phase of your home" If you use universal design principles when building your house, the doorways are made wide enough to accommodate wheelchairs and accessibility features are built into bathrooms, making them easy to use.

CMHC offers a 32-page guide to help assess your home and any modifications. 'Maintaining Seniors' Independence Through Home Adaptations' will take you step-by-step through different activities in your house — from coming in the front door to reaching for cupboards — that help you decide whether you're having difficulty and then how to implement a modification, such as installing a ramp. Visit cmhc.ca/aginginplace to download get the guide.

The Alberta government offers two programs that may help cover some of the costs of renovating your home. The Residential Access Modification Program (RAMP) provides grants to help lower-income Albertans with mobility challenges modify their homes.

And a new Seniors' Home Adaptation and Repair Act proposes to provide low-interest home equity loans to help seniors improve their homes. If the act is passed into law, the program would provide a home equity loan of up to $40,000 for older adults who qualify.

To be eligible, seniors have to have an income threshold of $75,000 and have at least 25 per cent equity in their home. The province expects about 145,000 senior households would be eligible. If the act is passed into law, the Seniors' Home Adaptation and Repair program will be effective this summer.

Visit searchalberta.ca for more information.

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University District welcomes older adults

Along with retail space, office space and plenty of green space, the new University District being developed just west of the University of Calgary will have many different types of housing including amenities that are designed specifically for older adults.

"Seniors are a vital part of any truly complete community," says Emily Allert-House, Communications and Marketing Lead for West Campus Development Trust (WCDT). "Our objective is to create a vibrant and healthy community for people of all ages and life stages — a place where it's easy to get around on foot and the quality of life is high no matter your age."

The master plan for the community includes two districts (one in the south part of the 200 acre neighbourhood and one in the north) that allow for assisted living units and residential care units for seniors. Whether these units are built will depend on the housing market and other variables. The area is bordered by University of Calgary main campus to the east, 32nd Avenue on the north, Shaganappi Trail on the west and 16th Avenue on the south

"With a wealth of existing facilities steps from the community — Foothills Hospital, Market Mall, UCalgary — and the new amenities coming into University District, people can connect with others, with place and meet the needs of daily life quickly and easily," says

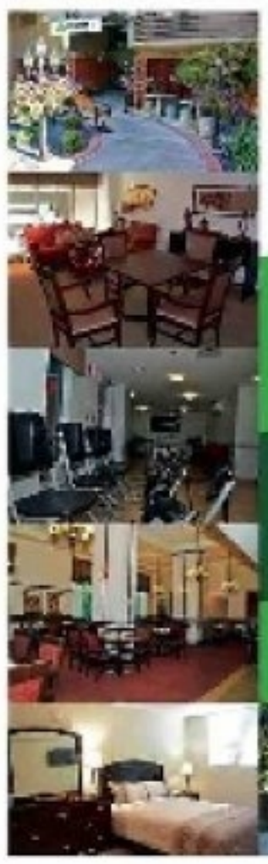
CONTRIBUTED

Allert-House. "The neighbourhood will have diverse housing and office space, varied retail choices, inspiring parks and public realm, and meaningful community assets and amenities."

At this point, West Campus is getting ready for development with the engineering of roads and utilities and designing the landscape and streetscapes. WCDT is also qualifying builders and developers to start on building homes, retail and office spaces and securing the appropriate municipal permits to start construction. The neighbourhood will be built out over the next 20 years.

"University District is a comprehensive community with a bold new vision for life in Calgary. Led by an independent team of community builders, the neighbourhood applies the best ideas in urban design, adapted to our own unique local urban fabric," says Allert-House. "The result will be a sustainable, inspiring, human-focused community--a neighbourhood for changing values and changing times, with a strong view to the future."

The new community is expected to help the University of Calgary attract faculty, researchers and students. The profits generated with developing the University District will go back to the university.



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LIVING AN INDEPENDENT LIFE AT CREEKSIDE

For nearly 20 years a group of people with physical disabilities, and who require some level of personal support, has been living cooperatively and independently at a condominium complex in Edmonton. The unique arrangement at Creekside condominiums all started when Larry Pempeit wanted to own his own home. "I needed personal care and didn't want to go on self-managed care," he explains. "So I found seven other individuals who wanted to live in their own home and didn't want to manage their own staffing 24/7. Then I approached a developer and he consented to modifying units to meet each of our needs."

Initially, Pempeit was unable to secure funding from the Alberta government, eventually a successful funding model was developed whereby the not for profit that operates the program, Creekside Support Services (CSS), was able to receive funding from the province.

"Four of the 15 individuals who are provided services through Creekside Support Services are over the age of 65 and there are a number who are approaching 60," Pempeit says.

Creekside's 24/7 homemaking and personal care services let the residents live independently in their own condos within a three building condominium project. There is pre-arranged as well as on-call care service with two care staff on shift at any time, and more during busy periods.

"There is also a neighbourhood bus service with a stop right in front of the building that can take individuals to Bonnie Doon mall where they can easily shop, as well as visit and do their banking etc.," Pempeit says. "There are social events that include both members and staff. The policies and procedures focus on member centred services. There is also the option to use staff off-site for such things as: work, shopping, vacation etc."

CONTRIBUTED

The Creekside Support Service Program works so well because it is managed by the people who live in the condominiums and use the services. "All members of the Board of Directors live and use services provided by CSS," Pempeit says. "And there is a sense of cooperation amongst members so that flexibility can be realized."

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Prairie Sky Cohousing: A caring neighbourhood

When people drop by Prairie Sky Cohousing in northwest Calgary, their "jaws drop," says one long-time resident, Sarah Arthurs. She's one of about 20 people in about a dozen families who live in the cooperative and caring neighbourhood, in Winston Heights.

"Jaws drop because it is beautiful and it is hard to believe such an oasis of good smells, lush landscaping and great places to hangout is adjacent to Edmonton Trail."

From the outside, Prairie Sky looks like a condominium complex, but once you walk through the pretty gate into the inner courtyard, you soon realize it's much more than a series of individual homes.

"Cohousing combines normal condominiums and apartments with a central shared 'common house' and courtyard," explains Bernie Amell, who helped found Prairie Sky in 2003. "It provides privacy when you need it, with social connections to the degree that it suits you. The best part is the network of friends and friends-of-friends that come into your life in a way that is not superficial."

The different families — and generations—live in and own one of 18 separate housing units. They share an underground parking garage as well as the 3,400 sq. ft. house — the "community hang out."

Every week, whoever feels like it comes together for dinner in the house. They take turns cooking and share the cost of the groceries. There are also regular pot lucks and parties.

Different cohousing projects around the world take different architectural form, but they're all designed to boost social interaction, conversation and relationships. The concept works for people and families of all ages and it offers exciting potential for seniors who can have mobility and isolation issues.

"Cohousing attracts interesting vibrant people who are up to all kinds of cool stuff," says Arthurs. "Hiking, politics, singing, dancing, gardening, painting, involved with clubs, faith communities of all kinds — it makes for very interesting neighbours."

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ISTOCK

The doors of the different homes face each other, so the residents can't help but bump into each other, increasing the sense of community. Prairie Sky and other cohousing projects minimize the size of individual units and maximize the shared spaces, thereby extending every resident's living space.

"We love living here," says Amell. "And there are very few people that move away after experiencing this form of living. It is an environment that spontaneously encourages music, games and food to be shared."

Learn more at cohousing.ca

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"This is the most fun I've had since I've been in the league": Soon-to-be free agent centre Bismack Biyombo on the Raptors' run to the East final

Knights dubbed CHL's champions

MEMORIAL CUP

Tkachuk pots OT goal to give London its 2nd national title

Matthew Tkachuk didn't care who scored the winning goal. All that mattered was that the London Knights could call themselves the best team in the Canadian Hockey League.

Tkachuk was credited with the winner 7:49 into overtime as the Knights captured the 2016 Memorial Cup on Sunday by downing the Rouyn-Noranda Huskies 3-2.

A grinning Tkachuk, who had been playing on a sprained ankle suffered during the OHL championship, said the goal may not have even been his.

"It actually might have hit off (Christian Dvorak's) back, it changed directions a little bit, doesn't matter, we'll both take it," said the draft-eligible forward.

"I felt something hit me but I don't really care, winning's all that matters," said Dvorak.

A Memorial Cup victory was fitting for the Knights, who dominated the competition, first in the OHL playoffs and then by going undefeated at this year's tournament. The last time they suffered defeat was April 1.

"To win so many games in a row through the playoffs and this tournament is a credit to these guys because we're playing good teams," said coach Dale Hunter. "These are all the top-end teams. To go 17 in a row is unheard of. Likely never be repeated."

It's London's second Memorial Cup in franchise history. Its other came in 2005, when the team was led by Corey Perry.

Most of the Knights celebrated the victory on the ice with friends and family. Finnish defenceman Olli Juolevi skated around the ice on a cellphone talking to people back home while tournament MVP and CHL player of the year Mitch Marner captured the moment with a camera strapped to his chest.

Tkachuk and Dvorak scored for the Knights in regulation while Tyler Parsons made 29 saves. Dvorak's goal was his tournament-leading seventh.

Francis Perron and Julien Nantel scored for the Huskies. Chase Marchand stopped 30 of 33 shots. THE CANADIAN PRESS

London Knights Mitchell Marner, left, and Christian Dvorak lift the Memorial Cup after beating the Rouyn-Noranda Huskies in Red Deer on Sunday. JEFF MCINTOSH/THE CANADIAN PRESS

FINAL In overtime

3	2
KNIGHTS	HUSKIES

CFL

Lions open camp with Buono back in charge

In some ways, Wally Buono never really stopped coaching the B.C. Lions.

Sure, he stepped down from the post following the club's Grey Cup victory in 2011, citing fatigue and a desire to focus on management duties, but like many retirees found it difficult to walk away from something that had defined him professionally.

"This is the thing that I didn't realize: you don't stop coaching ... you just don't have the responsibility," said Buono. "That's nobody's fault but my own. I'm not blaming myself for it because you are a coach, you were a coach, you are a coach."

Even as the Lions' general manager and vice-president of football operations, two positions he still holds, Buono would often survey practice from up close, sometimes offering tips to players on how to better execute a drill. "Your mind and the way you see things doesn't change," he said.

> **Sometimes being in the fire is better than bringing somebody into the fire.**
> Wally Buono

Buono's protege, Mike Benevides, took over as coach in 2012, but was axed after three seasons that saw B.C.'s record slide from 13-5 to 11-7 to 9-9, including 0-3 in the playoffs. Jeff Tedford, a high-profile U.S. college coach, then lasted one disappointing 7-11 campaign in 2015 that culminated with another one-and-done playoff. THE CANADIAN PRESS

IN BRIEF

Milos bows out in Paris

Milos Raonic is out of the French Open.

The eighth-seeded Canadian lost 6-2, 6-4, 6-4 to Albert Ramos-Vinolas in the fourth round in front of new coach John McEnroe on Sunday.

The 55th-ranked player from Spain is into the quarter-finals of a major for the first time, having never made it past the second round of 18 previous Grand Slam tournaments.

THE CANADIAN PRESS

Spieth earns his first win in home state of Texas

Jordan Spieth has a win at home in the Lone Star State.

Spieth won at Colonial after making birdies on each of the last three holes Sunday for a 5-under 65, including a chip-in from behind the 17th green following a fortunate bounce off a marshal.

It was the eighth career win for Spieth, the world's No. 2-ranked player.

THE ASSOCIATED PRESS

Warriors' weapon of choice

NBA PLAYOFFS

Golden State surviving thanks to 3-point potency

After a record 73 wins and a memorable Game 6 comeback on the road, the Golden State Warriors' goal of getting back to the NBA Finals and defending their title comes down to Game 7 at home against the powerful Oklahoma City Thunder.

All along, the Warriors have said the numerous team milestones and personal accomplishments they set during this special season won't matter a bit unless they repeat as champions.

They need one more victory to become the 10th team to rally from a 3-1 post-season deficit.

"I've learned that our players are tough, they're mentally tough," Coach of the Year Steve Kerr said Sunday, when his team took a day off from film and practice. "I don't know if I really learned that. I already knew that. But they've firmly confirmed that. It's been a great comeback. Now we still have to play. We still have another game."

Kerr just wanted his Warriors to grab back some momentum from Kevin Durant and the Thunder. Now, they have it, all right, heading into the decisive game of the Western Conference finals Monday after winning two straight.

When his team won Game 5 on Thursday night, MVP Stephen Curry hollered "We ain't going home!" — and Golden State wants no part of the Thunder having the last say in the Warriors' summer plans.

"We got a big one last night to stay alive, and now we've got some momentum. But it can work in reverse," Kerr said. "One game changes everything, and we've got to come out and play our game and play well to finish the series out."

Golden State hardly considers this a gimmee just because the team is playing at deafening Oracle Arena, where the Warriors have lost just three this season. They have had their problems against Durant, Russell Westbrook and the towering Thunder.

Oklahoma City is fueled by trying to reach its first NBA Finals since losing to LeBron James and the Miami Heat in 2012. James and Cleveland are waiting on Monday's winner after finishing the Raptors off with a 113-87 win in Toronto on Friday night.

> **This is what you dream about, getting this opportunity.**
> Kevin Durant on Game 7

"It's going to be a hard game. If we thought tonight was hard, Game 7's going to be even tougher," Curry said. "Everybody on both sides of the ball is going to leave it all out on the floor. It's win or go home. So we can't expect just because we're at home that we can just show up and win."

As has been the case all playoffs with Curry ailing, Golden State got a huge performance from Klay Thompson. He made a playoff-record 11 three-pointers and scored 41 points in a 108-101 win at Oklahoma City on Saturday and will need an encore Monday. THE ASSOCIATED PRESS

Klay Thompson's three-point barrage ensured the Warriors forced Game 7 on the Thunder. Golden State went 21 for 44 from beyond the arc while the Thunder shot just 3 for 23 on Saturday night in Oklahoma City. NOAH GRAHAM/NBAE VIA GETTY IMAGES

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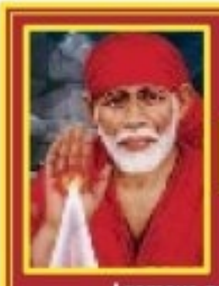

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INDY 500

Rookie Rossi uses last gas effort to win

A new era for the Indianapolis 500 arrived in the form of a most unfamiliar driver.

An American, no less.

Alexander Rossi outlasted his faster rivals — and his fuel tank — for a stunning victory Sunday in the historic 100th running of "The Greatest Spectacle In Racing." The unlikely win allowed the long-suffering Andretti family to celebrate in the biggest race of their storied careers and it left the top drivers in the field fuming over Rossi's good fortune.

Rossi was a 66-to-1 long shot and certainly not the driver anyone would have picked to win. But the 24-year-old Californian used fuel strategy to outsmart a handful of drivers who had the most dominant cars in the race.

James Hinchcliffe, of Oakville, Ont., faded to seventh despite being one of the best cars in the field. The Canadian was the polesitter and missed this race last year after a near-fatal accident in a practice session.

Rossi stretched his final tank of gas 90 miles to cycle into the lead as others had to duck into the pits for a splash of fuel in the waning laps. He was sputtering on the final lap. THE ASSOCIATED PRESS

IN BRIEF

Hamilton puts brakes to skid with victory in Monaco

Lewis Hamilton won an incident-packed Monaco Grand Prix on Sunday to get his Formula One championship bid back on track after a dismal run of eight races without a win.

Red Bull driver Daniel Ricciardo started from pole position and finished second with Mexican driver Sergio Perez third for Force India. THE ASSOCIATED PRESS

Mexico confirms kidnapping of star soccer player

Federal and state forces mounted an operation Sunday to find kidnapped Mexican soccer star Alan Pulido, who was abducted in the crime-plagued northern border state of Tamaulipas.

The 25-year-old Pulido is a forward for Olympiacos of Greece and was part of Mexico's 2014 World Cup team. THE ASSOCIATED PRESS

RECIPE Easiest Tomato Tart

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This simple, summery tart is elegant enough to serve to guests but easy enough to whip together for yourself.

Ready in
Prep time: 5 minutes
Cook time: 25 minutes

Ingredients
- 1 sheet of puff pastry
- 2 Tbsps olive oil, approximately
- 1 pint of cherry tomatoes
- 1/4 cup fresh basil, chopped
- 1/2 cup grated mozzarella cheese
- 1/2 cup grated Parmesan cheese
- salt and pepper to taste

Directions

1. Preheat oven to 400 degrees. Most puff pastries come in a package with two sheets of dough. You'll only need to use the one.

2. Tear off a 18-inch sheet of parchment paper. Place the paper on a work surface and lightly flour it. Roll the pastry out on the paper until it is an 8 by 12 inch rectangle. Carefully place the paper on a baking sheet. Use a fork to poke holes all over the dough. Take a small, sharp knife and create a border about 1/2 inch in, all around the rectangle. Be careful not to cut all the way through!

3. Drizzle the oil over the pastry. Now scatter the cheese across the dough and place tomoatoes on top. Sprinkle your herbs on top and add a pinch of salt and pepper.

4. Place in a hot oven for 20 to 25 minutes until the pastry is golden and the cheese is bubbling. Allow to cool slightly before cutting.

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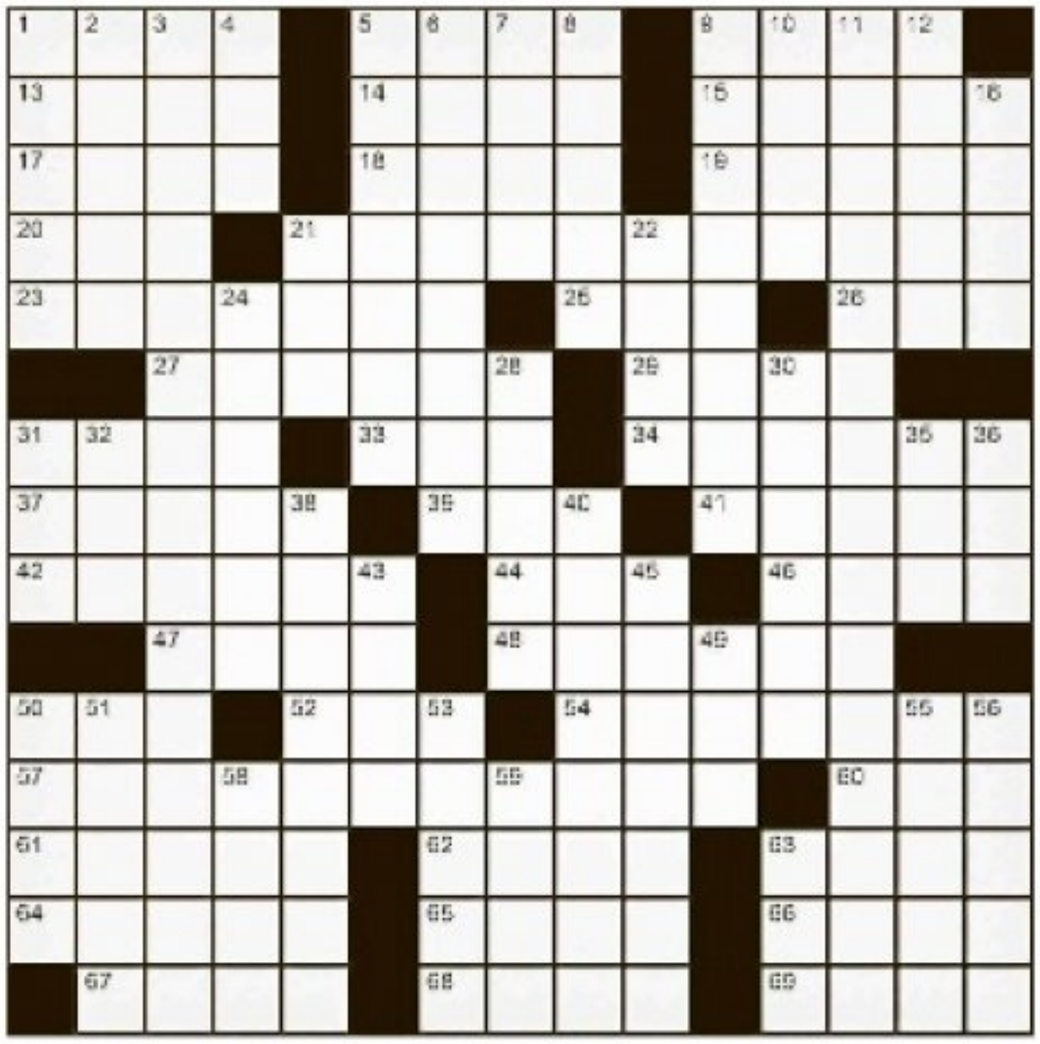
BY KELLY ANN BUCHANAN



ACROSS
1. Ex-One Direction member, singer of "Like I Would"
5. Canadian ice dancer, _-Lynn Bourne
9. Naja Hajes
13. Heroic verse
14. Had in hand
15. River of Germany
17. French pronoun
18. John Mellencamp's "Get _ _ Up"
19. Terra _
20. Sort
21. Customers might ask for them in stores for any products without a tag on them: 2 wds.
23. Around-the-clock
25. Sensitive
26. Writer Mr. Milne's
27. "_, _!" (Retort to a rather clever barb)
29. Retreat
31. Largest freshwater lake of Japan
33. 'Stock' suffix
34. Particular pronoun
37. Russian pancake
39. Pouch
41. Alexander's nickname
42. In a detached manner
44. Active ingred. in marijuana
46. Greatest
47. Comicdom's Olive, and surnamesakes
48. Dr. Jason _ (Alan Thicke's "Growing Pains" role)
50. "Mazel _!"
52. Not specialized [abbr.]
54. Progresses
57. New Brunswick's provincial capital
60. "Ha! See _ _ care."
61. Heretofore: 2 wds.
62. Stuff
63. Land unit
64. A famous Tea
65. Real
66. Subj. with maps
67. _-covered iron
68. Fewer
69. Feudal labourer

DOWN
1. Gabrielle _, The Storied Life of A.J. Fikry novelist
2. 2007: "Dancing with the Stars" Season 4 champ Mr. Anton Ohno
3. Shania Twain's "Don't Be Stupid (_ _ _ _)"
4. "Laughter in the Rain" singer ...his initials-sharers
5. 1979: "My _" by The Knack
6. Chopper takeoff/landing spots
7. Mr. Baldwin
8. Lawn _ (Grass trimming tool)
9. Grand church entrances
10. Sandal or pump
11. Grooming, veterinarian, obedience classes, etc.: 3 wds.
12. _ Spruce (Big tree along coastal British Columbia)
16. Northern BC's _ River
21. Liq. measures
22. Tranquil
24. Beer/lemonade drink
28. Marsh matters
30. "The Jeffersons" star Ms. Sanford
31. Eng. network
32. UN workers' gr.
35. J.R. Ewing's portrayer's initials-sharers
36. Frying pan excess
38. Holler heard when the phone rings!: 3 wds.
40. Fastest spotted big cats
43. Flanders river
45. Rollicks
49. Max Sydow link
50. Brand of frying pan
51. Canadian figure skating great Brian
53. 1979: "Making Plans for _" by XTC
55. Actor Zac
56. Steven Seagal movie, "Under _" (1992)
58. House rooms
59. 1991: "Finally" by _ Peniston
63. Human's on-the-planet number

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today you can see new sources of income or new uses for something you own because you are in a resourceful frame of mind. You will impress bosses and VIPs.

Taurus April 21 - May 21
Today you are intrigued with mysteries, puzzles and finding solutions to strange problems. In a way, you have the mind of a sleuth.

Gemini May 22 - June 21
Any kind of research will go well today, because your mind is probing and insightful. You want answers to old problems, and you will leave no stone unturned.

Cancer June 22 - July 23
You might attract someone powerful to you today. In any event, conversations with friends or members of groups will be intense and will focus on serious subjects.

Leo July 24 - Aug. 23
Discussions with bosses, parents and VIPs will be intense and powerful today. You might want to pull your punches because you don't want to overwhelm anyone.

Virgo Aug. 24 - Sept. 23
If you are involved in talks about politics, religion or racial issues today, you might get more than you bargained for. People are intense today and will fiercely defend their beliefs and prejudices!

Libra Sept. 24 - Oct. 23
You might get to the bottom of why there is a dispute over inheritances or shared property today. You will see the real reason, that behind the scenes there is conflict.

Scorpio Oct. 24 - Nov. 22
Go gently when talking to friends, spouses and partners today, because people are intense. This means they will try to persuade you to agree with them.

Sagittarius Nov. 23 - Dec. 21
You can see ways to make improvements and reforms on the job today; however, others might not listen to you. Instead, focus on how you can improve your own health.

Capricorn Dec. 22 - Jan. 20
Romance is passionate today. Meanwhile, parents should be gentle with their kids, because misunderstandings might arise.

Aquarius Jan. 21 - Feb. 19
You might see ways to make improvements at home today, especially by removing something you no longer need or tearing it down. It's also a good day to recycle and streamline.

Pisces
Feb. 20 - March 20
Those of you who write for a living or who are in sales and marketing will be productive today, because you have strong opinions. Not only that, you will be persuasive.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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1	9	3	2	8	7	5	4	6
9	8	1	3	4	2	7	6	5
6	3	7	5	9	8	4	2	1
5	4	2	1	7	6	8	9	3

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